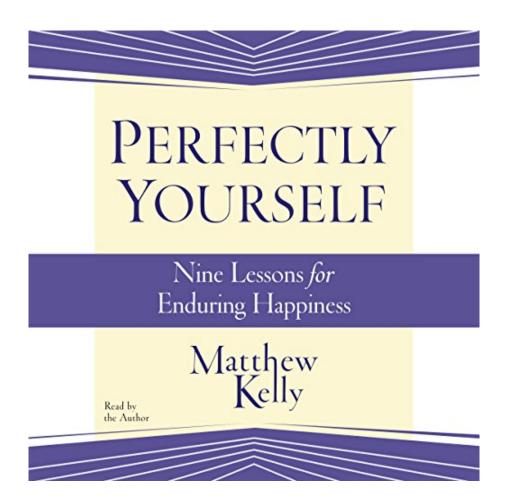


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- Format: Unabridged
- Original language: English
- Running time: 300 minutes

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Easy read. Helped me see where I see how I can become a better version of myself. I couldn't speed read this book. It made me slow down and think about how and where I can improve where I want to go. Kelly creates new ways on how you can refocus and not feel bad about failing, but look at how to get back on track. Always positive reinforcement. Great book.

3 of 3 people found the following review helpful.

Spiritual

By Amanecer

Five stars goes to the author for a genuine effort to help the human condition. The author's bedrock of become the-best-version-of-ourselves colors the entire work. The book is full of solid messages like "Consciously, subconsciously, semiconsciously, we are all preoccupied with this attempt to be more perfectly who we really are at the essence of our being."

"Truth lived becomes wisdom" and "Take care of the pennies, and the dollars will take care of themselves" are both foundational references. Kelly's thoughts on character like the world of ego is an illusion provide

resourceful insight. "The sum of all human action is passed down through history" is right on. Time is an illusion and quotes from Plato and our own frame of references regarding "unchanging that allows us to make sense of the change" ring true.

The concept of self-discipline is emphasized. I liked the ideas on fasting like fasting from criticizing yourself and others. His writing on simplicity, humility, and vulnerability are linked to the importance of spirituality. And there is more. I highly recommend this book

4 of 4 people found the following review helpful. Worthwhile reading By J. Fox Good author. Like his stuff.

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