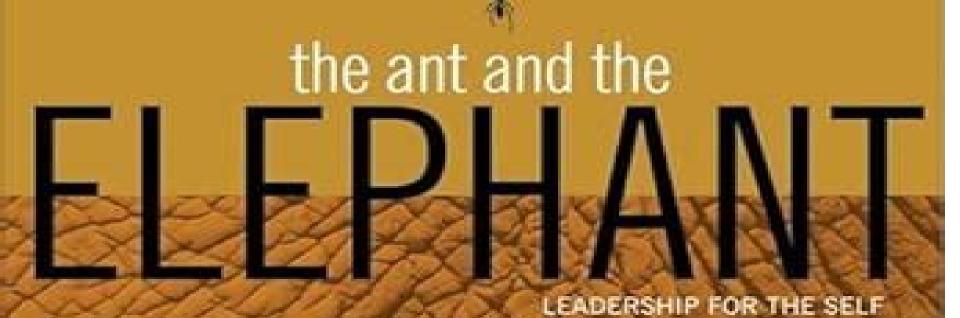
A Parable and

Spoken & Written by Vince Poscente

A Parable and Step Action Plan to Transform Workplace Performance



The Ant And The Elephant Leadership For The Self

G Psacharopoulos

The Ant And The Elephant Leadership For The Self:

The Ant and the Elephant Vince Poscente, 2006 Of all the animals the elephant rescues only the tiny ant returns the favor THE ANT AND THE ELEPHANT - LEADERSHIP FOR THE SELF (HINDI) Vince Posecente, The Ant and the Elephant is an entertaining parable to help you unleash the massive power of human potential It's goal is to demonstrate how we can unite the powerful forces of conscious and subconscious thought to reach our peak performance levels as individuals and as leaders In this book renowned business consultant and Olympian Vincent Poscente weaves a cleaver parable around profound concepts that can have an immediate impact on your life and the life of those around you Using a mix of wit and wisdom Poscente shows us how to focus on and re direct our subconscious mind in order to accomplish the goals we strive to achieve In order to explain the relationship between the conscious and sub conscious mind in an entertaining fashion Poscente uses the story of Adir the ant and Elgo the Elephant The story itself is fun to read and the wisdom he wishes to impart is woven into the story There is a pause after each chapter with bullet points to to help you understand the principles covered within the chapter and realize how they apply to you and how they can transform your life Using the lessons of Adir the ant you will learn how to Clarify your vision Commit to cultivating positive dominant thoughts Consistently focus on performance Strengthen confidence Control the response to any situation Although the story is simple and enjoyable reading it stays on in your mind and the concepts taught in the book when applied will change your life forever This book will have an immediate impact on your life The Ant and the Elephant (Summary) Vince Poscente, 2014 getAbstract Summary Get the key points from this book in less than 10 minutes Former Olympian Vince Poscente's entertaining short parable works with the metaphors of a determined little ant as your conscious mind and a habit driven elephant as your subconscious mind You make hundreds of small decisions daily mostly without thinking because your subconscious runs your life Yet these accumulated choices put most people on safe predictable boring paths of mediocrity When you see glimpses of what you could become heed those insights Don t revert to your old ways just because change is hard and progress may be slow With the right mind set and determination think of an ant's diligence you can overcome inertia and break through Turn to Poscente s five step action plan based on clear vision commitment consistency confidence and control Align your conscious goals with those of your subconscious so the ant rules the elephant Convince your inner more conservative self that your goal is not only possible but also inevitable getAbstract recommends this accessible heartwarming story to anyone seeking to reduce fear alter old habits and change for the better Book Publisher Be Invinceable Group Summary of The Ant and the Elephant by Vince Poscente getAbstract AG, 2014-12-22 Former Olympian Vince Poscente's entertaining short parable works with the metaphors of a determined little ant as your conscious mind and a habit driven elephant as your subconscious mind You make hundreds of small decisions daily mostly without thinking because your subconscious runs your life Yet these accumulated choices put most people on safe predictable boring paths of mediocrity When you see glimpses of what you

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through connection to the Source The myth of competition and how you only have to create to succeed The power of modeling and acting on the clues that success freely leaves for you The miracles that show up in your life when you invest in helping people to have their best life ever Under Jan Ryde s management H stens founded in Sweden in 1852 as a one man saddlery has grown into one of the world s most beloved brands with stores from Los Angeles to London from Istanbul to Singapore H stens enjoys an outstanding international reputation for creating the finest beds in the world as evidenced by a client list that includes everyone from Hollywood royalty to actual crowned heads of state Its luxurious handcrafted top of the line Grand Vividus sells for as much as a million dollars Readers following Jan Ryde s example of business as love will find themselves asking the transformative question that motivates the entire H stens team how good do you want to have it

Better Than Perfect Elizabeth Lombardo, 2014-09-23 From Shaguille O Neal's head coach for happiness a proven powerful method for shaking the chains of perfectionism to live a happier healthier life Perfectionists exist in every walk of life While outwardly they appear to be very accomplished they are often unhappy and unfulfilled Perfectionists strive toward unattainable goals and their behaviors can wreak havoc on both their physical health and their psychological well being Timely and transformative Better than Perfect by Dr Elizabeth Lombardo offers step by step instructions for perfectionists to find balance and freedom The book defines perfectionism in easy to understand terms offers simple assessment tools and shares case studies of Lombardo's patients to highlight the condition Also included are practical exercises and suggestions for behavioral changes including seven ways to overcome perfectionism that range from choosing passion over perfection to remembering you re more than what you do With the ultimate goal of helping readers achieve happiness and prosperity without the stress of making sure things are perfect Better than Perfect is a fundamental guide for all perfectionists seeking new fulfilled and empowered lives Girl Grit Alexandra Elinsky, PhD,2024-11-08 Girl Grit Savage Not Average is the first book in the empowering Human Empowerment trilogy for women worldwide Dr Elinsky guides readers through a profound journey of harmonizing thought and emotion exploring personal fulfillment and experience She transforms her readers from doormats controlled manipulated and walked over by others into daredevils fearless warrior women living without regret Discover what it means to go from average to savage in this emotional action packed self help adventure that will not only inspire you but also challenge societal conditioning to be a good girl focused on serving and pleasing others In Girl Grit Dr Elinsky passionately challenges and dismantles restrictive gender roles asserting that they limit our potential as women and undermine our purpose as equal human beings As an expert in gender relationship dynamics Dr Elinsky draws on extensive research to critically examine the very fabric of our social conditioning She urges It is time to wise up rise up and ascend to your highest potential Celebrating the worthiness and grandeur of women s capacities Girl Grit will elevate you to unimaginable heights Finally Dr Elinsky advises Do not read this book unless you are ready to revolutionize your life as you know it Learn what it means to become a fire woman and unleash your regal authority into the world Girl Grit will set your

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