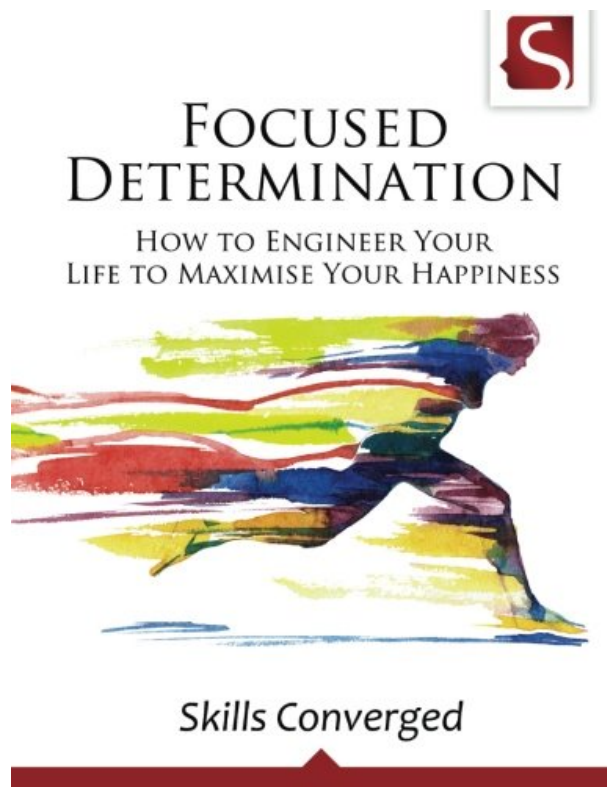


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Have you ever read an interesting book on success, motivation and happiness but was left at the end with the question, “So what do I need to do?” The majority of self-help books are inspiring and exciting, but they fail to provide clear and easy-to-follow instructions on what to do.

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- How to systematically achieve your goals
- How to prepare for a career change
- What focused determination means
- How to apply attention economy to your life
- How to avoid the mediocre trap
- How to motivate yourself automatically
- How to manage your work-life balance
- What it takes to become an expert
- How to avoid the skill plateau

A concise version of this book is also available in digital format. The concise version contains all the guidelines and stories presented in this book but without the exercises. This is ideal for those readers who want to access the guidelines first and consider going through the exercises at a later stage. The digital version can be accessed on your favourite electronic devices such as kindles, tablets, phones and PCs.

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