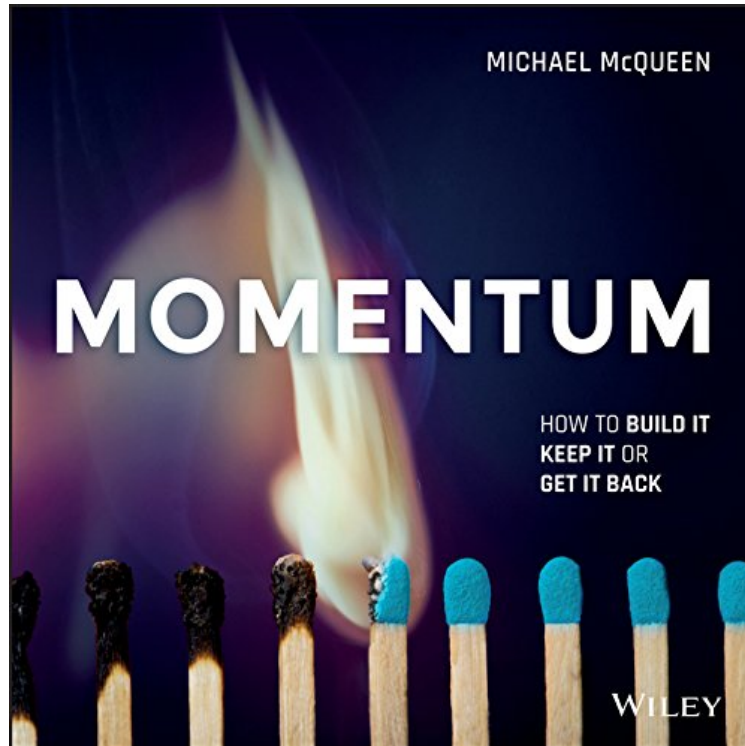


Momentum: How to Build it, Keep it or Get it Back

Michael McQueen

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Michael McQueen : Momentum: How to Build it, Keep it or Get it Back before purchasing it in order to gauge whether or not it would be worth my time, and all praised Momentum: How to Build it, Keep it or Get it Back:

0 of 0 people found the following review helpful. A valuable readBy ConvertiBelleI do love Michael's books, and this one is my new favourite. The concepts Michael shapes are clear and to the point. They also seem to have an uncanny relevance to what I need to learn more about - exactly when I need to.Plus having these resources available for Team + clients is an even bigger win for me. Thanks Michael - again! 1 of 1 people found the following review helpful. Two StarsBy JonThis book fell way short of my expectations. I found it lightweight with no new insights.0 of 2 people found the following review helpful. Five StarsBy BennmiesterGreat read!

Achieve the ultimate state of continual success Momentum is your personal guidebook to the art and science of success. Momentary victories and small wins don't last, and the frustration of reclaiming that energy is real. This book shows you how to cultivate a different type of achievement ndash; measureable, sustainable and constant. It's the difference between winning a battle and winning the war, and requires more than a single brilliant move. It's about activity, focus and consistency, and working smarter instead of harder. This insightful guide helps you dig to the core of who and where you are, and start implementing the core practices and characteristics that keep the successes coming. You'll discover the traps that have been pushing you off course, and learn when to push through and when to change course entirely. Case studies illustrate the pitfalls of momentum-traps through the lens of individuals and organisations who ignored early warning signs at their own peril ndash; and ultimately, detriment. Momentum is not a

fleeting or transient feeling. It's a skill that can be fostered, encouraged and nurtured, and it's the biggest success tool in the box. This book walks you through the principles, practices and ideas that help you build and maintain a positive trajectory. Achieve breakthrough results and sustainable success Overcome baggage, monotony and the appeal of immediacy Build, maintain or reclaim your dynamism and vitality Avoid the common traps that hinder forward progress Whether you've had a taste of success and long for its return, or feel that something's holding you back from achieving your potential ndash; momentum is your missing piece. Find it and grab it with both hands using the invaluable guidance in Momentum, the handbook for long-term success.

From the Back CoverWhat is the secret ingredient to lasting growth and vitality? How can your organisation get traction and keep it? Why do some ideas and movements fizzle, while others flourish? The answer is MOMENTUM. This simple and powerful book will show you how to build unstoppable MOMENTUM in both business and life. There may not be a shortcut or silver bullet for MOMENTUM, but there is a surefire formula mdash; and it works. 'Momentum is another great read by Michael McQueen. It combines inspiring insights with practical guidance for getting your organisation's mojo back.' mdash; Ken Boal, Vice President, Cisco Australia New ZealandAbout the AuthorMICHAEL MCQUEEN is an award-winning speaker, consultant and trend forecaster. He has helped some of the world's best-known brands maintain relevance and is the author of four best-selling books.
www.MichaelMcQueen.net