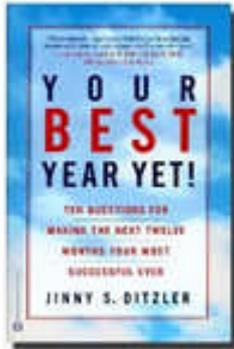


the one page book review



Title: Your Best Year Yet
Author: Jinny S Ditzler
Publisher: Harper Collins
Price: £6.99

If after 3 hours you had taken a personal inventory, set a direction, raised your motivation and focussed on your own performance and latent potential surely you would commit to that time once a year?

'Your Best Year Yet' achieves this by steering you through a series of 10 key questions designed to take time out for self-reflection, raise your awareness and focus on what's important to **you**. Where it differs from other goal setting books is the holistic approach to the desired roles you wish to focus on. Who you are as a person, what is important to you and what you truly want out of your life to feel purposeful and successful.

The author encourages you to look from the perspective of the roles you play in your life, placing yourself and your personal values at the centre ensuring you create balance, (invaluable for those who have all encompassing work/professional goals which results in significant sacrifice to personal aims and ambitions).

One significant question asks "how do I limit myself and how do I stop?" The author believes the most powerful tool for personal transformation is the *paradigm shift*. Identifying which are the limiting paradigms that lead to failure rather than success. By acknowledging these and identifying the one which has the *strongest negative influence* on **you** at this point in life, you can choose a new empowering paradigm to take responsibility for how you are going to approach the future to create 'Your Best Year Yet'.

If you are concerned at this point that this sounds a bit 'tree huggy' don't be! It's a practical thought-provoking book that navigates you towards the things you want year after year (and that could be hugging a tree or making a million pounds, it's up to you!) Buy it and do it now!