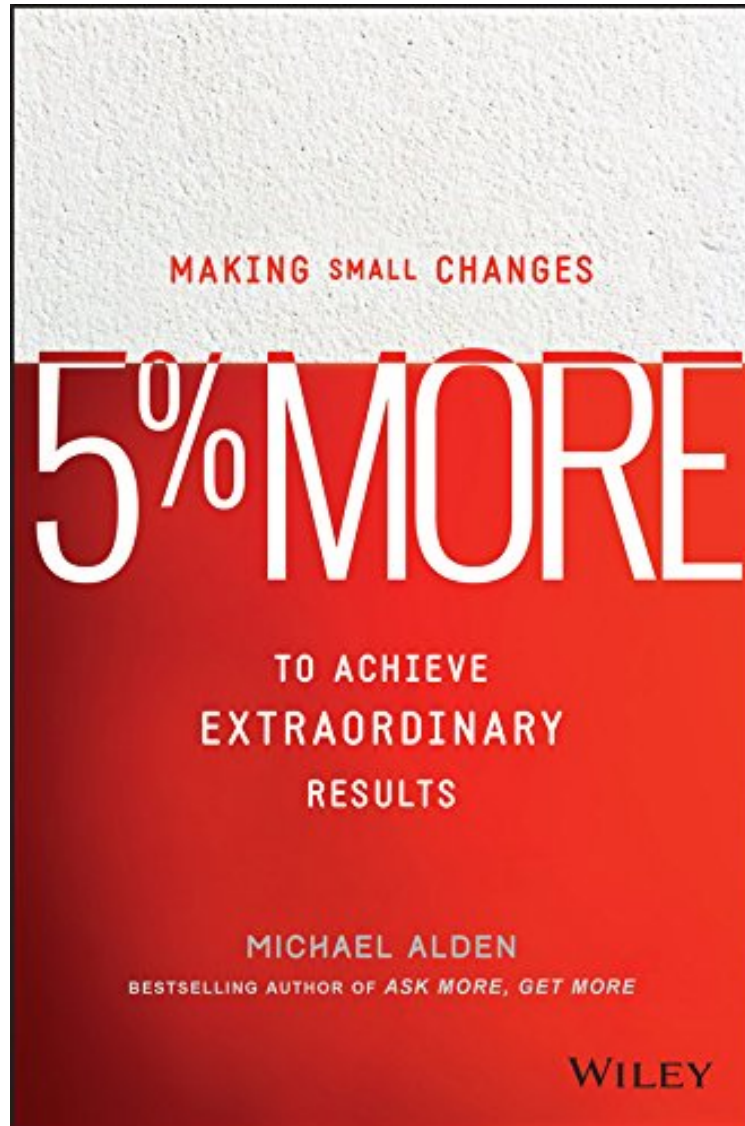


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5% More: Making Small Changes to Achieve Extraordinary Results

Michael Alden

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Michael Alden : 5% More: Making Small Changes to Achieve Extraordinary Results before purchasing it in order to gauge whether or not it would be worth my time, and all praised 5% More: Making Small Changes to Achieve Extraordinary Results:

9 of 9 people found the following review helpful. Original Slant on a Time-Tested Idea Is a Terrific Read! By A. Reader To quote the author on self-help books: "There are so many people who spend their hard-earned money on trainings, books, audios, and seminars every year. Why aren't all these people wildly successful?" This is the question Mike Alden answers in his book, and he encourages us all to give just 5% more in effort, time, percentage, or however it fits the goals you are striving to achieve. Going the extra mile is not a new concept, and other authors/speakers in

this genre tell numerous stories of those people who give up when they are inches from success. Mr. Alden presents a fantastic idea by encouraging us not to focus on Herculean efforts, but to just increase our efforts by a little bit (5%). This extra effort is much more manageable to most people who are at that point where the "...rubber meets the road." The book probably could have been a bit smaller, but what lengthens the book is also a strength. Mr. Alden presents his idea of 5% in different venues, and everyone can find more than a few areas that will directly fit the arenas where they need greater focus. Whether it is home, work, education, fitness, you name it, the author offers solid facts to back up what he teaches. It is an added bonus that many of the chapters contain links rather than footnotes, enabling the reader to instantly be able to verify the author's statements through articles and videos. My only complaint? Mr. Alden constantly sells his first book over and over, in one early chapter referring to a story in the first book. For example, after a quick one-sentence description of the issue without revealing the solution, the author states "I tell this story in 'Ask More, Get More,' but the point here is..." He could just tell us the point, or even repeated the story, if it has that much bearing on what he wants to say. My point is, if I enjoy this book (I did), I am more apt to purchase the other book without the constant ads cluttering up the pages. Overall, good book with excellent examples taken from the author's personal experiences. Even if you have a ton of self-help books on the shelf, this book has a fresh, original slant and is worth your time and money. Don't have the time? Read 5% every day and you will be done in about three weeks. 4-1/2 stars from me. 9 of 9 people found the following review helpful. Stop dreaming and start realizing success--5% at a time! By Chris Bengu. How does a poor troubled kid who grows up in a family of drug addicts and alcoholics overcome his circumstances? Well he grows up to become a manufacturer of health products and a self-help author of course! What I really like about Mike Alden's stories and principles, is his not a snake oil salesman promising you the world for the price of his book. Instead he's a real down to earth hardworking guy who figured out some ways to be successful and wants to help others do the same. And it's not just about achieving wealth -- it's about real life and overcoming the tough times that come all our ways. He knows a thing or two about that because he's been there. He did it a little at a time. First by dragging himself up and out of the hell he grew up in to go to law school and become a successful lawyer. Then as an entrepreneur starting his own manufacturing and marketing company and giving back to his employees and his family and community in spades. Reveals Alden: "My father was addicted to coke, my stepfather died of AIDS from shooting heroin, my mother is HIV positive, one of my stepbrothers died from an overdose, my stepmother was addicted to prescription medication, another brother did time for distribution, another brother was in rehab for his heroin addiction, my grandparents were hard-core alcoholics, and I most certainly have an addictive personality. I have been fortunate to become aware of my family history and have not gone down the same path. I detail, through my own personal experiences with family members and data that just a 5 percent swing one way or the other can, literally, save your life." I heartily suggest the read. 3 of 3 people found the following review helpful. Finally a self help book with actionable suggestions. By Bridgette LaRon Sims. 5 percent is the rare self help book that gives you an actionable plan. I have read upwards of 20 of these types of book and invariably they call for you to "just imagine it" or "dream it" or some other sort of magical thinking to cure all the perceived ills and shortfalls in your life. 5 percent is that rare entity that not only provides a plan, but gives many many examples in language easy to understand how to make your dreams come true. There is no such thing as a free lunch it's been said, and maybe that's true, but with this book you CAN turn your ramen into steak with only 5 percent more.

Small changes lead to big results that stick. 5% More presents a painless route to change, with results that can last a lifetime. Whether you want to boost your health, wealth, or wisdom, this book reveals a key technique that makes it stick. You may already know that breaking big goals into small chunks makes them easier to achieve, but the trick is in making those chunks large enough to be productive, yet small enough to be sustainable. This book shows you how to bring your goals within reach with only five percent more effort. Five percent is almost unnoticeable in terms of effort -- but it accrues quickly, with each step boosting the baseline. Increase sales, decrease your marathon time, boost your savings, or master a new skill. Just five percent more can get you where you want to be. Small changes, small commitments, and small adjustments can lead to very big results. You can accomplish more than you ever thought possible in your business or in your life. This book walks you through the 5% More strategy to help you map your path to the future. Accomplish big changes with very small steps. Make bigger leaps in progress each step of the way. Break big goals into manageable milestones. Find a change that you can stick to for the long-term. Mountain climbers don't conquer Everest on their first time out -- attempting to do so would be a tragic failure. No matter what your goal, no matter what your baseline, small, incremental steps set you up for success. 5% More gives you a concrete strategy for realizing your goals and making changes that last.

From the Inside Flap. The fact that you have this book in your hand means you want more. You want to perform better, live healthier, accumulate more wealth, and ultimately reach the goals you set for yourself. You've probably read other self-help books, tried their strategies, and still needed more, and this book will fill that need and set you on a path for doing more, living more, and achieving more every day -- 5% More. The subtitle of this immediately useful

guidemdash;Making Small Changes to Achieve Extraordinary Resultsmdash;is why this is the last self-help book you'll ever need. Unlike other programs that require radical, impractical changes to your personal and professional routines, this approach has demonstrated again and again to produce extraordinary results with easily doable actions. Unlike other self-improvement strategies that leave you thinking positive thoughts, this fully actionable methodology gives you concrete ways to give 5 percent more to yourself, your family, your colleagues and managers, and your businessmdash;no matter where you are in life. Every chapter dives into a critical area where giving 5 percent more makes a dramatic difference so you can start out slow and customize where you apply the mind-set of 5 percent more. In fact, the revealing research and detailed examples used throughout demonstrate why improving step by step is essential to triumph and why trying to make big leaps is sure to end in failure. All the data and stories you read inside make a point, for sure, but they also inspire you to the possibilities of giving 5 percent more and provide clear footsteps for you to follow on your own path to: Quickly grasping and practicing the 5 percent-more mind-set to reach success regardless of your profession, job title, personal situation, and goals Setting yourself apart from your peers and those at the next level by identifying specifically where you need to give 5 percent more Establishing yourself as a person to emulate in order to motivate others to give 5 percent more The most important takeaway is this: the secret to wealth, health, and happiness isn't out theremdash;it's inside of you right now waiting to be let out with 5% More.From the Back CoverPraise for 5% MORE "It's been said that inch by inch anything's a cinch and yard by yard anything's hard. In Mike Alden's life-changing book 5% More, he gives new meaning to those words. Mike lays out the simple, manageable, and doable plan for anyone who wants to go from ordinary to extraordinary in their life, one little step at a time. My advice is simple, buy this book, follow its steps and begin living the life of your dreams." mdash;Michael Altshuler, Keynote Speaker, Peak Performance Coach and Business Growth Expert "Over the years at my SANG conferences, I have had the good fortune of having people like Tony Robbins, Paula Abdul, Peter Guber, Jack Canfield, to Tony Hsieh of Zappos. What I have observed about superstar achievers is they tend to do things that separate them from their competitors. Michael is the real deal, and truly lives his message. In Michael Alden's new book 5% More, you now have the blue print to get more out of life and business by just doing 5 percent more." mdash;Larry Benet, Chief Connector and Cofounder of the SANG Thought Leader Network, 25 Professional Networking Experts to Watch in 2015-Forbes "As an avid fan of baseball, we all love the home runs and the grand slams. But, what wins games is getting on base and singles. In Michael Alden's latest book 5% More, he shows how the small incremental successes are what yield huge results. If you want to win a championship in life and business, hitting singles consistently will get you there and 5% More shows you how." mdash;Clint Greenleaf, Founder of Greenleaf Book Group and Home Plate Peanut Butter "I believe that no task is beneath you no matter your position in life or within a company. Michael Alden shows in 5% More how those small tasks, those small goals, compounded over time can have huge, long term results. 5% More shows how a high school student or a CEO can set small goals, compound on them and achieve extraordinary BIG results." mdash;Tom Patterson, Founder and CEO of Tommy John, www.tommyjohn.comAbout the AuthorJames Patrick Cronin is an accomplished audiobook narrator with over 100 titles to his credit. A classically trained stage actor with an MFA from the University of Louisville, he has performed as an actor and a comedian on stages all over the world.