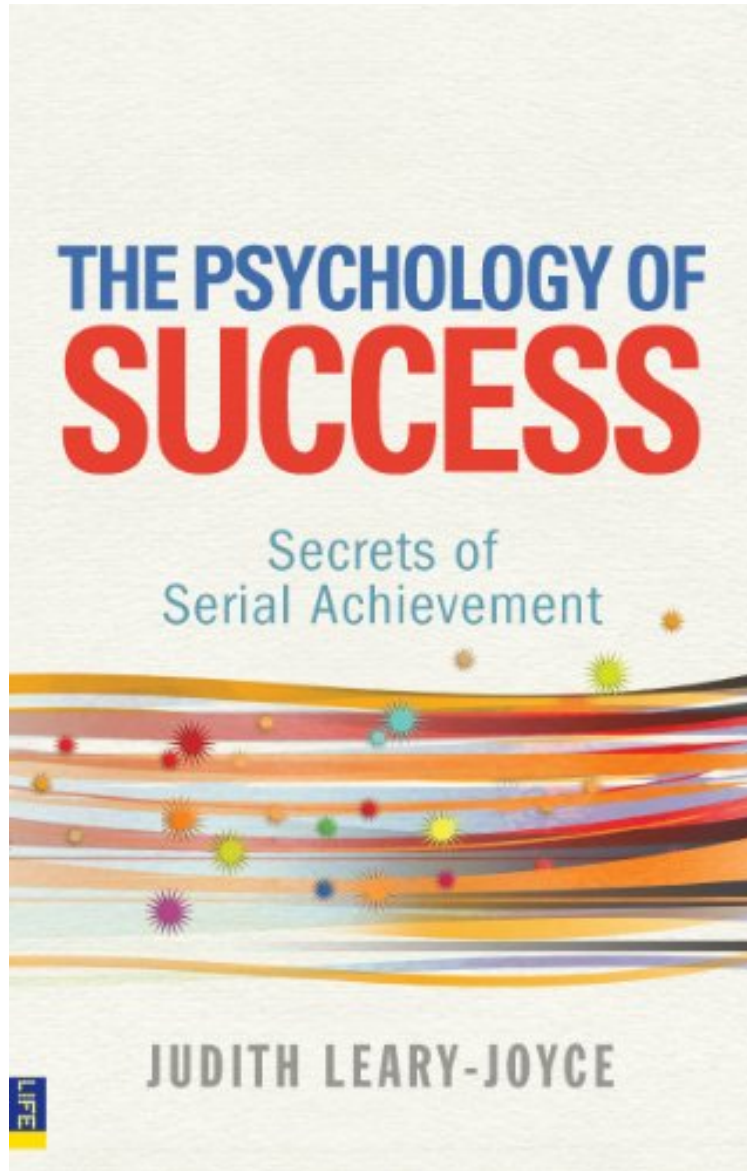


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The Psychology of Success: Secrets of serial achievement

Judith Leary-Joyce

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Judith Leary-Joyce : The Psychology of Success: Secrets of serial achievement before purchasing it in order to gage whether or not it would be worth my time, and all praised The Psychology of Success: Secrets of serial achievement:

1 of 1 people found the following review helpful. SUCCESSFUL PSYCHOLOGY WORKBOOKBy GFI searched for months to find a book on the psychology of success. I found this one. It delivers in terms of its quality writing and content; however, for me, it was lacking in terms of its scientific information. That's what I wanted, but I'm a really

psych head with a voracious appetite for neuroscience; the average joe (or jane), not so much. In fact, they are the prime demographic for whom this book was written (which is not a bad thing since the country consists primarily of them). While the book completely dilutes any scientific data, the author (Judith Leary-Joyce), makes the lessons of serial achievers easily digestible and understandable to the reader, and punctuates them accordingly with anecdotes. Perhaps most beneficial aspect of the book are the chapter summaries which transform into a workbook format, complete with reflective exercises, and questions for introspection to improve self-knowledge. Overall, it's great for those who have yet to discover who they are, and what success really means to them, but not for self-actualized psych heads like me who are far beyond that point. 1 of 1 people found the following review helpful. The Psychology of Success By H. Fatir The Psychology of Success One of the key points of this book, for me, is what Judith calls "a test of a life well used". Which is to imagine you are ninety years old and looking back over your life. Looking at where you feel satisfied or wishing you had done this or that. This simple exercise can enable us to see ourselves more clearly and where we may compromise our sense of self and potential achievement. Success, as Judith points out, is attainable for us all. It does not have to be 'worldly success' because success really means knowing and using or working with your 'core talent'. Judith demonstrates how to get to know what your core talent is, and this is where the book gets really interesting. She has designed various exercises which create a kind of 'Ariadne's thread' which enables the reader to reveal or discover for themselves, their core talent. In this way the reader is interacting or working with Judith whose amazing knowledge and experience makes it so much easier than struggling alone. And, the best part is by following the threads and discovering what makes you tick, life can be much more fulfilling and satisfying. Then, when eventually 90 years has been achieved, so has the reason for being here.

Talent. Everybody has it, but just how good are you at using it? Talented people don't believe in reaching their peak; they live a life that crests on any number of new and different waves. Some of these peaks may be higher than others, some offer totally different challenges and rewards, but whatever stage of life they're at they see no reason why they can't fulfil their potential to reach a new high. The Psychology of Success shows how you too can live a life of many peaks. By speaking to a wide range of people who have experienced both success and failure, Judith Leary-Joyce has uncovered the secrets of serial achievement. Some of these people have already achieved many different career and life peaks, some are still getting there and others have resigned themselves to never making it. By drawing on these studies, and her extensive experience as a psychologist and business coach, Judith sets out a clear path for you to follow in your quest to live the most satisfying and rewarding life you can. This book will help you: Identify the emotional drivers that help you move forward and those that hold you back Explore the attitudes of real life people who are successful and what can be learned from their experience Address your assumptions about life and work, and discover how to live in different ways, at different times

"The Psychology Of Success is an ideal read for budding sales executives. It identifies the emotional drivers that help progress and explores what can be learned from those who succeed." Daily Express. August 2009 From the Back Cover Are you ready to achieve more than you've ever imagined? Discover just how talented you really are? Push yourself far beyond what you thought possible? Being 'successful' isn't about finding that one dream job or that defining moment of glory. It's about taking on and accomplishing major challenges, not just once, but time and time again. Welcome to the world of serial achievers. Here you'll find out how to harness your talents to gain serial success and reward. You'll learn how to use the underlying psychology that drives or limits success to your advantage, and, through seven key behaviours, discover how to refine and apply your core skills and strengths to get whatever you want from life. Look forward to a future of infinite possibilities, look back with no regrets. I really liked the balance between facing the big questions and supporting the reader through the process; this book will help you find your own path to success. Mark Martin, HR Director, T-Mobile 'A clear dynamic book full of up to the minute psychological theory and free of jargon.' Robin Lawrence, Psychiatrist 'If you're looking for change or a new direction, this is a brilliant practical companion to help you take back control and find true happiness and success.' Tessa Cook, Serial Achiever 'Relevant to both career and personal life, Judith's nimble approach encourages you to take personal responsibility to fulfil your aspirations.' Tim Jones, HR Director, Aegis Media, UK and Ireland About the Author Judith Leary-Joyce: Psychologist, Management Consultant, Personal Coach, Inspirational Speaker and author of Inspirational Manager. Like many serial achievers, Judith's career has had more than one peak; and like most, it has had its share of miss-steps and mini-troughs in between them (a brief and less than inspirational spell as a teacher in her twenties would be a case in point!). But like all serial achievers she has had the ambition to constantly strive for a new challenge, and the determination to make the changes that were necessary to achieve it. Indeed it was the feat of reaching a new, and intensely satisfying, peak in her early fifties; an age when society seems to suggest that we are past our best; that got her to thinking about the way that some people peak in different ways at different times during their life. She began to examine the underlying psychology that enables some people to live lives of serial achievement, and

the reasons why others fail to fulfil their potential.