

The Power of Personal Growth

The Power of Personal Growth explores what Personal Growth is, illustrates its value and demonstrates what's possible for you, your loved ones and the world at large.

The book offers an inside view of the impact Personal Growth has had on the 56 people who contributed to the book. You'll discover what Personal Growth means to them, the impact it has had on their lives, what they envision is possible for themselves and the world, and wisdom they live by that makes all the difference for them.

The interviews represent collectively hundreds of years of experience of Personal Growth. I'm grateful to those who have opened up and generously shared their journey—the stories offer pearls of insights that you, the reader, may take pleasure in while reading The Power of Personal Growth.

There are several ways to read this book. First, you may choose to read the book from cover to cover - starting at the beginning and reading straight through to the end. This will provide you with a great overview of the impact Personal Growth can have on your life.

Second, you may choose to read the book in sections, specific chapters, story topics, or read only what particular individuals have to say. If you prefer to read selectively, you will find an index in the back of the book that will help you navigate the content.

Third, you may opt to read random pages. Have fun with it! Every page is filled with insights and wisdom that will positively impact your life.

I recommend that you explore all the options and allow the insights and lessons in this book to become fully integrated into your life. I also invite you while reading to write down those insights, action items, and a-ha moments at the end of each chapter on the lines provided.

The Power of Personal Growth is a book to re-read throughout your Personal Growth journey. As you grow and evolve, you will continually discover new nuggets of wisdom that speak to you at one point in your life or another.

About the Author

Manny Goldman is the founder and the visionary force behind PersonalGrowth.com. His vision is to create a community through PersonalGrowth.com that will transform the lives of billions of people. A community where it is normal for each person to share in each others' successes, provide valuable support, encouragement and accountability. He envisions a world where Personal Growth is common practice and each person living their dreams to their full potential. <http://www.personalgrowth.com>

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