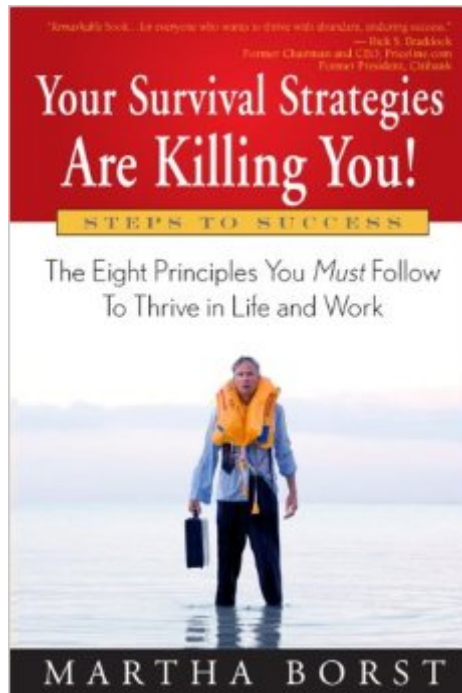


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# Your Survival Strategies Are Killing You: The Eight Principles You Must Follow To Thrive In Life And Work



## Synopsis

Throughout this intriguing tale you will be captivated by the four characters who, in a few life-changing days of denial, resistance, internal struggle, and awakening, learn how they are blocking their own success. This is not another "power of positive thinking" book, with lists of things to do, theories or rules you have to follow. In "Your Survival Strategies Are Killing You!" you will actually be drawn into the absorbing story in a way that moves you from observer to participant allowing you to experience your own transformation at the skillful hands of Martha Borst.

## Book Information

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## Customer Reviews

Over the years I have taken many self help courses. EST, Landmark Forum, Life Spring, and several courses related to improving myself as a person and business person. They were helpful, but time consuming and expensive. Reading "YOUR SURVIVAL SKILLS ARE KILLING YOU" was like taking a three day course, and it cost less than \$20 and I didn't have to give up a weekend. As a matter of fact, I found this book to be better than the courses. Having time to ponder each character, I was able to find the characteristics in each of them that pertained to me, or to members in my family. Through their revelations, I had many of my own revelations. As they found the sage within them, I could see the sage within me. I think this happened, in part because the reading flowed easily. The writing was literary and with just enough description to give clear images, but not get in the way of feeling like I was in the room with Martha and the characters. Martha, the character who leads the sessions, and who happens also to be the author, is a true inspiration, a true sage and

teacher in the most fundamental and profound sense of the words. I highly recommend this book to anyone who has ever done a self improvement weekend and would like an inexpensive refresher, and, I recommend it to anyone who has not done the weekend, but would like to get the results anyway.

I'm not a friend of the author. I don't even know the author, but I did just read the book and I think it's terrific. It was an engaging story that showed me how I have been getting in my own way of what I want. It was one of the best books I've read in a long time. I didn't want to put it down. I, too, am giving it 5 stars. Hope that's okay with the person who criticized the author and reviewers. A note to that person: In my opinion, using the star system as a way of making a comment not a review (you did not read the book) is a disgraceful use of the system. You, sir or madam who cast judgment on others should look in the mirror. Perhaps the shame is YOURS! "AND JUST BECAUSE I CHOOSE NOT TO REVIEW MOST OF THE BOOKS I BUY THROUGH , DOES NOT MEAN THAT I AM NOT A WORTHY CUSTOMER. I HAVE BEEN BUYING BOOKS/DVDS FROM SINCE 2003. THIS TIME, I JUST HAD TO STAND UP FOR THE AUTHOR OF AN AMAZING BOOK.

This book allows you to create balance with work and family life. Of course, many books have been written highlighting this before. Where this book shines is in illustrative fictional accounts that give clarity to the eight principles that lead to harmony in life. Through the accounts you learn about practical application of each principle to daily situations in work and home. Ultimately, the book is intended to help you take control of your destiny and it for the most parts succeeds in doing this. Its greatest value is in asking us to reexamine our basic assumptions about what creates success in work and in life. I also recommend "The 7 Habits of Highly Effective People," "Blink: The Power of Thinking Without Thinking" and a powerful novel on personal transformation "Nexus: A Neo Novel."

I don't usually read self-help books but I met Martha and was very impressed. I picked up the book more out of curiosity than anything else and was pleasantly pleased to find I enjoyed it. Martha tells the story of meeting a few clients in a retreat like atmosphere. As she gets to know each individual and goes through the weekend with them, you start to see a little of yourself in this person or that, or maybe you more like one individual than another. Either way, as the characters learn about themselves and Martha imparts her wisdom, you too can learn about yourself and gain some knowledge in how to make things better FOR YOURSELF. What makes reading this book special is that at no time do you take any of it personally because Martha is always talking about other people.

Even the most sensitive to the most narcissistic of people should be able to read this from beginning to end. Read on people...

Martha: I received your book yesterday in the mail and immediately started reading it. I accidentally left it home when I went to work; however, the few pages I read captured my attention and thirst for more. When I did arrive home; I work the third shift 5:00 pm - 1:30 am; I could not wait to pick-up where I left off. I read until my eyes closed savoring each moment to memory. Please allow me to share that I had reached page 57, yet this morning I woke up with new found energy and insight into getting back on track with my life. I immediately started making changes and looking at my agreements. I realized that I had always been listening to my Sage; however, over the years I had started putting aside her words of wisdom because my environment (family/work) created such conflict. Fortunately, her integrity could not be wavered as she has tried to weave through the chaos. Today, I realized that I wanted to leave and find another job but I was not committed to the search. So, I had to ask myself how working in these conditions reinforced my beliefs - truth that I was right about my recommendation upon how to improve productivity, employee morale, and overall working conditions. The question this morning - so what? Look at what was traded to be right - your health, time, enjoyment working in a career I love, and energy. Today, I honor my Sage and commit to making agreements that will further empower her to reach her highest possible being. Really there are no words to express how your book "Your Survival Strategies Are Killing You!" has changed my life after just a few pages. I realized that having the knowledge is wonderful and to always consider alternatives to honor my commitments. Again, thank you so very much. Peace and Blessings, Simona L. Brickers

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