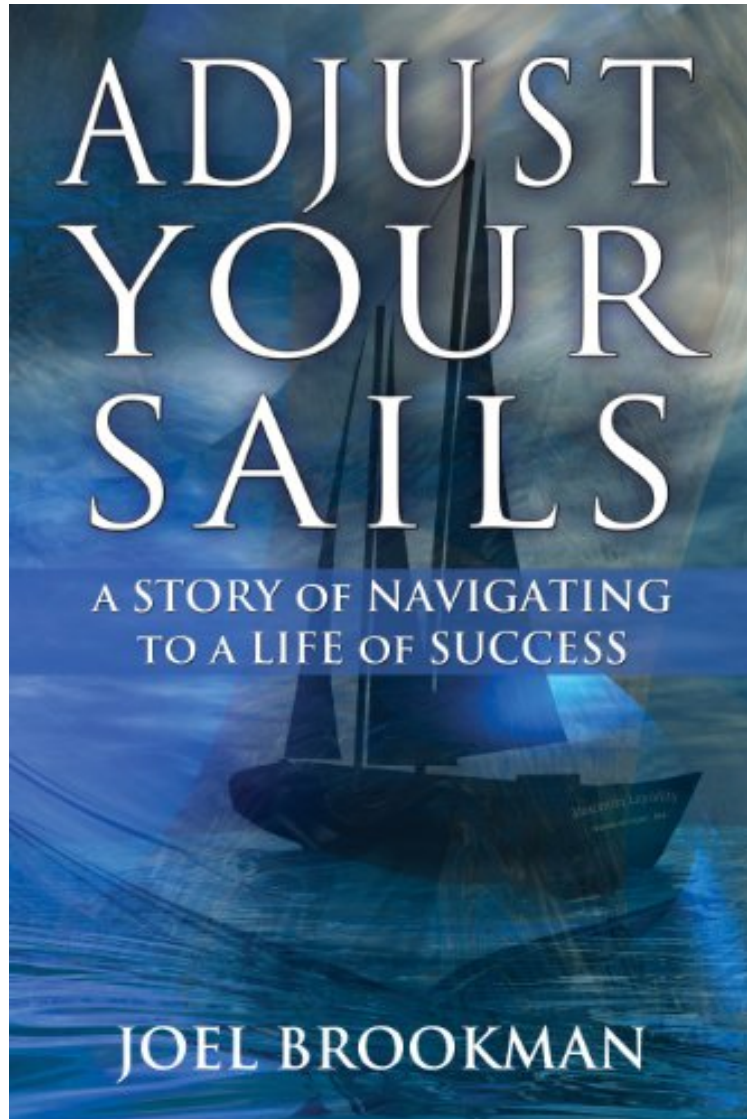


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## Adjust Your Sails

*Joel Brookman*

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**Joel Brookman : Adjust Your Sails** before purchasing it in order to gage whether or not it would be worth my time, and all praised Adjust Your Sails:

0 of 0 people found the following review helpful. A MUST READ and OWN.By MRGThis book inspired me to become an author and write my story. It's a fun read, awesome characters and full of sound advice and inspirational! I have communicated with Joel personally and he is an amazing person as well with a website I would highly suggest visiting. [...]  
0 of 0 people found the following review helpful. Self Actualization less self helpBy Michael burmanAs with all great lessons, the best of, we discover them for ourselves and that's what Joel does here. A mixture of eternal life lessons for the modern person who is being tugged at from every direction with in the blending of a story which

contains multiple subplots. I found myself wrapped into the story very quickly and wanted to look for the next opportunity to pick it back up to find out what happens next. Awareness of our decisions and their tradeoffs in hindsight is a clear theme and obvious to us but often less so when we are in the moment. If you're looking for the right long term balance + a way to manage regret which comes with being overly materialistic than you will get a lot out of this book. 0 of 0 people found the following review helpful. Motivating and to the point. By Bill Most self help books have great ideas and concepts but put me to sleep by the third chapter. Adjust Your Sails provides a great balance between a page turning story and a roadmap for self motivation. A quick, powerful read

To provide a balanced approach that speaks to "regular" people who may not be familiar with these life-changing concepts, as well as to depict a straightforward and actionable path to success for those who have been exposed to this information but have yet to incorporate it into their life.

Regardless of successes (or failures) in your professional or personal life, you will benefit from reading this book. It is 'easy to read' and insightful for anyone from ages 10 to 100. There are many 'takeaways,' but above all, no experience is too late to learn from in life (including death). If I had to label this book, I would call it a fiction, non-fiction, self help, mystery thriller with tons of professional and personal 'nuggets' to help you grow and achieve anything in life. Like renting a good movie with great 'one liners,' you'll want to read this one again. From the Back Cover As a personal development expert and author, Joel Brookman provides a balanced approach that speaks to "regular" people who may not be familiar with his life-changing concepts. He also presents professionals with a straightforward and actionable path toward achieving personal growth goals. "The intriguing story pulls the reader into the lives of Eddie and Kathy only to discover an unknown treasure. Eddie's father's book opens a completely new exploration not only for Eddie and Kathy but for all of us--the exploration of life lived large not small. It simply states universal principles that allow us to thrive as human beings. This manual of life should be read by all wishing to truly live." Joan C. King, Ph.D., Master Certified Coach and Author Cellular Wisdom Series of Books A Life on Purpose: Wisdom at Work "A magical read. I found myself caring a lot about the characters. Great life lessons for business people, and everyone else for that matter." Ken Druck, Ph.D., Author, Grief Coach and Founder The Real Rules of Life, The Jenna Druck Center "A fascinating insider's tale of lost fortune and personal renewal. Cleverly intertwined is a masterful life-lesson primer on how to set meaningful personal priorities and achieve balance." Donna Phelan, First Vice President--Investment Officer "Businessperson or not, young or old, you need to read this book. It will help you transform every aspect of your life." Randy Hammon, Founder and Author The Safe Money System "Whether you are struggling to find your way, or looking to fine tune the direction of your life or career, Adjust Your Sails provides you with a simple, straightforward guide to help you achieve what you want in life. Joel has a magical way of bringing metaphysical ideas to life, with an engaging and business-oriented voice." Dan Hecht, CEO, MDVIP About the Author In his 20 years with Wall Street firms, Joel Brookman generated billions of dollars in assets for the financial world's top institutions. Along the way, he developed a deep interest in determining what actions and characteristics helped highly successful people achieve greatness and attain their goals. Finding out what exactly drove people to become successful became his passion. One characteristic Joel quickly discovered is that before virtually every one of these people was ever successful, they inherently knew and had no doubt that it would happen. These self-actualized people approached situations with their desired outcome in mind. The key, he began to discover, was to start from the end and work backwards. In other words, to approach any task with the desired outcome in mind. This led to a role in developing programs to help top financial professionals across the country maximize their potential. Joel developed stress management tools which allowed him to become even more productive in business, while also flourishing in his marriage and personal life. He is absolutely convinced that through discipline and subtle redirection of one's thoughts, anyone can absolutely, positively create the life they want to live. As the author of Adjust Your Sails, Joel provides a concise, impactful primer that anyone can read and learn from. His goal has been to provide a balanced approach that speaks to "regular" people who may not be familiar with these life-changing concepts, such as self-actualization theory, as well as to depict a straightforward and actionable path to success for those who have been exposed to this information but have yet to incorporate it into their life. Joel is a Certified Financial Coach™, a member of the International Coach Federation, a personal development expert and author. He is also an angel investor, and has provided capital for numerous business start-ups.