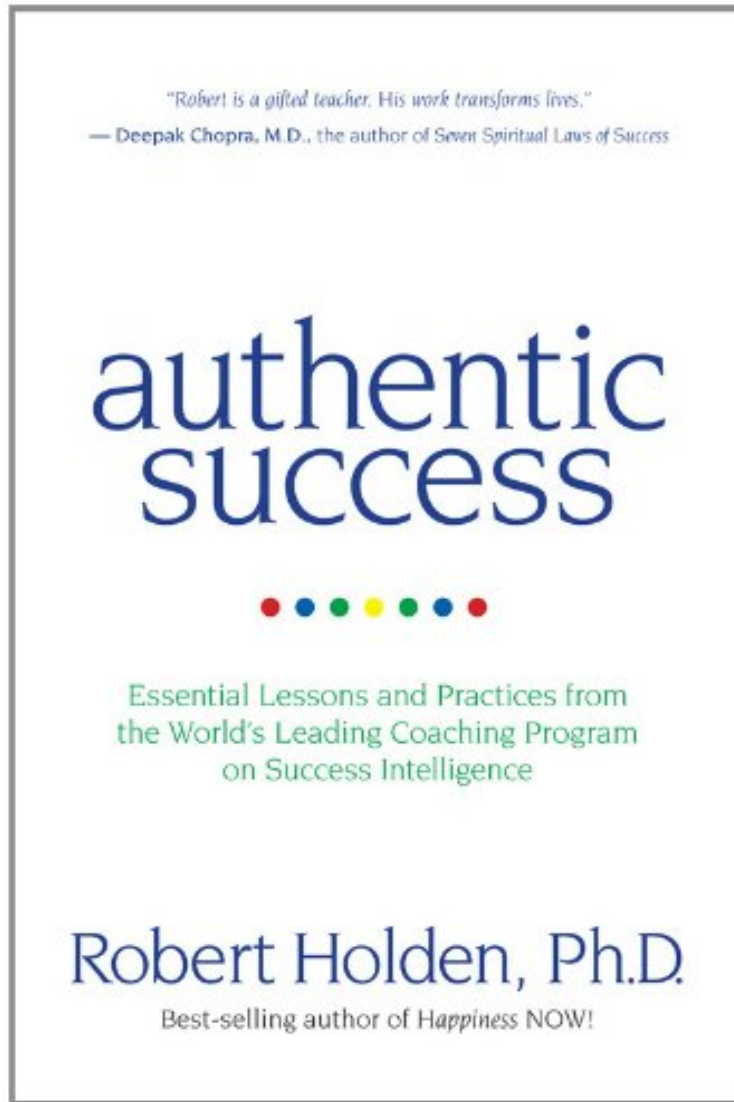


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## Authentic Success

*Robert Holden*

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**Robert Holden : Authentic Success** before purchasing it in order to gage whether or not it would be worth my time, and all praised Authentic Success:

8 of 8 people found the following review helpful. Will make you give a hard look at your relationship with successBy Anabelle Bernard FournierAnother wonderful book by Robert Holden.Given that I had already read Happiness NOW!, a lot of his ideas were already familiar to me. But these ideas are so important that they bear repeating, and so I don't think that reading this along with other works by Holden is in any way a waste of time. In fact, I think I got more out of this one because I had read it already, because his approach to success is very much based on his ideas about happiness. Basically, happy people are more naturally successful.While Happiness NOW! was more philosophical in

nature, this one has a more practical outlook. It's filled with exercises and tips on how to find what success really means to you, and then taking action. It forces you to look at your fears and at your deeply conditioned thoughts and beliefs about success and all its related elements. A book, by itself, will never change your life, just like money by itself cannot make you happy. So unless you're willing to sit down with yourself and do the work, you probably won't reap all the benefits that this book can provide. This book was well-structured, with tons of examples from a variety of sources like clients, seminars and other writers (including other psychologists, novelists, poets and philosophers). But, most of all, it's Holden's own deep belief in what he preaches that convinces me. You can feel his commitment to his subject through every word, and he doesn't seem like the hypocritical "do as I say, not as I do" type. One chapter that especially touched me was the one about Money Sickness. I was on the edge of tears throughout. But if you want to know what he says about it... you'll have to read the book. I think that it should be read with an open mind and a desire to become a better person. 0 of 0 people found the following review helpful. I am grateful for this book. By Jeanne Litt Fantastic, on my second read, it is even better and more helpful than I remembered. Thank you for writing this Robert. 1 of 1 people found the following review helpful. Excellent. I reread Robert Holden's books and discover fresh... By Oranges Excellent. I reread Robert Holden's books and discover fresh insights. He is funny and profound. He gives practical exercises that the reader can use to discover new ways of thinking and viewing life. I highly recommend this book and his others, for people who want deeper answers to finding meaning and joy in life.

Are you living a successful life? Have you got a vision? Do you enjoy your work? Are your relationships thriving? Previously released under the title Success Intelligence, Authentic Success examines how to enjoy real, soulful success while living in a manic, busy, and hyped-up world. Robert Holden is the creator of a unique program called Success Intelligence; used worldwide by artists and writers, entrepreneurs and leaders, and also global companies and brands such as DOVE, the Body Shop, the BBC, and Virgin. This landmark book is an invaluable guide to genuine success and happiness. The themes of Authentic Success include creating a vision for your life, work, and relationships that doesn't get lost in sick hurry, identifying what the REAL YOU really wants, and discovering the real purpose of your life, freeing your mind, liberating your talent, and attracting more effortless success, conducting a Busyness Audit, giving up Destination Addiction, releasing dysfunctional independence, and overcoming your fear of success, and learning why happiness is the key to greater inspiration, creativity, and meaningful success.

About the Author Robert Holden, Ph.D., is the director of The Happiness Project and Success Intelligence. His innovative work on happiness and success has been featured on Oprah and in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy, shown in 16 countries to more than 30 million television viewers. He is the author of the best-selling books, Happiness NOW!, Be Happy, and Shift Happens! He lives in London with his wife and daughter.