

"...8 to Great will be a part of the next wave of enlightenment."

— Mike Dooley, as featured in "The Secret," www.tut.com

8 to GREAT

How to Take Charge of Your Life and
Make Positive Changes Using an
8-Step Breakthrough Process

MK MUELLER

Author of Taking Care of Me: The Habits of Happiness

MK Mueller

8 to Great: How to Take Charge of Your Life and Make Positive Changes Using an 8-Step Breakthrough Process



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8 to Great, revised! Purpose ? Passion ? Achievement! Forgiveness This groundbreaking and practical book offers a straightforward, yet powerful, 8-step process for taking charge you will ever have and achieving your dreams, using author MK Mueller's unique formula for "good attitude". Positive attitude is normally everything for achieving greater happiness, health and success, yet nobody, as yet, has given the world a formula that is simple enough to keep in mind and use on a daily basis. Mueller's "FGH" method: In Good attitude for positive changes: of days gone by, Gratitude In Wish for the future. for the present and 8 to Great you will learn how Mueller's five "High-Ways" address the most common stumbling blocks to using FGH: High-Way 1: Get the Picture. It reminds us how to clearly see our dreams taking place and "think it till we feel it. New level of self-esteem and well-being: High-Way 3: Full Responsibility. Once the picture is obvious, we must "run to, not from" and face our fears in order to move forward. Rather than burden, this is the key to freedom as we discover that we are the only problem we've and therefore, we have been the perfect solution is. High-Way 4: Feel All Your Feelings. The truth that Mueller has also created a widely-utilized curriculum for high institutions based on her concepts is normally testimony to the fact that her methods are simple without being sugar-coated, and effective without being pompous. High-Way 5: Honest Communication. When you're ready to stop getting defensive in arguments and be done with triangulation at work, Mueller shows the way with down-to-earth examples of her clients' success stories. "High-Way 2: Risk. FGH ? 8 to Great you will learn how the High-Ways provide a step-by-step procedure that helps you come across greater happiness and success. For all those suffering with depression or rage, this chapter unfolds amazing insights into how Mad and Sad balance one another. 8 to Great will take you from wherever you are in life and offer a springboard into a new level of well-being and pleasure. Whether for yourself or someone you love, 8 to Great is an investment that is sure to bless and bliss your world.



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Be kind to yourself and purchase this book. I'm in my 60's and wish I'd known these details sooner! Each one of us possess areas in our lives we wish we were more successful in. I determined who I had a need to forgive and why and how it could help "fix" me! Beyond any doubt THE best comprehensive Life Transformation PROCESS books I've ever examine. Through the 8 High-Ways, MK Mueller shares just how to change your life, to change your thoughts, your attitude, to create better decisions and selections for yourself and be an improved example for your children and grandchildren. Some of the High-Ways hit me a lot more than others, but the tools I learned to use in each one of them possess had an enormous impact on me. They are life long positive changes that are simple and very doable if you want to be happier, more healthy and more lucrative in living your life. I don't know anyone who couldn't benefit from applying the concepts in this book. Nevertheless, 8 To Great by M.K. MK is an excellent author with a powerful message. I've used 8 to Great with my plan staff. I am getting ready to use it with the leadership team within my organization and with this program students aswell. 8 To Great: The Powerful Process for Positive Change I've heard MANY motivational speakers in my existence, and I've read even more self-help and motivational books than we care to admit! Mueller present historic wisdom repackaged in a way that it really is easy digested and used. Only read this reserve if you want to apply the secrets known and utilized by the healthiest, happiest, most successful people on earth! In any other case, please leave it only and continue to wallow in the day to day good and the bad always falling short of your dreams. Approaching CLEAN.. Live it! I'm no more waiting for my life to change. When I met MK in the springtime of 2011, I had abandoned live, a physical and emotion wreck. Her demonstration broke through my depression and apathy and her books and cd's trained me how to fantasy, forgive, become grateful, and have hope for the future. MK is a genuine inspiration and I think everyone will benefit from reading it. Thanks to MK, my life has transformed in therefore many techniques I would NEVER have dreamed possible in 2011 and I am now certain that the best of lifestyle is yet to come! A very inspiring examine, it helped me to check out who I am and how I approach life. Mueller not merely synthesizes the best ideas from several other sources, she does so in a very an easy task to comprehend manner AND offers many initial nuggets of solid gold. It had been time for me to see my own greatness which book actually changed my life. BUT IF YOU ARE it is designed to be lived! Superb resource for life-change. Once the time was best.. The genius of the publication may be the 8 step procedure for working through complications and problematic thinking through the posting of several true short tales, positive anecdotes and several useful exercises. The contents are a wealthy browse of myriads of wisdom reflections drawn from an array of the author's reading and knowledge. I use the 8 HighWays described in this publication as a compass to getting back on the right track and staying in my lane! As students of transformational processes both for individuals and organizations, I came across this book and procedure to be a fantastic tool. My only hesitation, and I hesitate to say this, can be that as a conservatively trained pastor, the juxtaposition of Scripture with MODERN authors like Eckhart Tolle caught me off guard. But upon additional reflection, it is a tribute to the author's scope of reading that she finds therefore much material to reinforce her suggestions and connect to a wider audience. EASILY could make one small recommendation it will be for the writer to include an annotated bibliography of all the sources she used or cited; I would want to do some follow-up reading in this topic. So I thought I'll send M K an email and observe if she can help me identity how exactly to "fix" me. Something for each and every life situation! Excellent book to improve your outlook on life! The process presented in 8 to Great is not meant to be read and reserve.

Read everything you will get the hands on by writer M. USUALLY DO NOT read this reserve if you aren't ready to end up being honest with yourself! You can either be considered a "bucket dipper" or a "bucket filler" which book helps people realize that this has been and always is a choice. No one else can help you switch your outlook on life. As a side notice, after hearing the author speak to several superintendents for two hours, I had to have MK Mueller talk with our entire personnel. Not just teachers, but the bus motorists, custodians, cooks, secretaries, and aides. We spent eight hours collectively and it was well worth every penny we spent. I've seen a modification in lots of of the staff and seven people wished to become trainers for our college students. Now our college students are being introduced to "the powerful procedure for positive switch," and our school environment is seeing the benefit. Living my best lifestyle! This book is phenomenal. I've browse the first version & couldn't wait to see the changes in this version. More inspiration, great motivation, extremely sound. Wonderful This book isn't just another self-help book you read and then put it on the shelf.. At one stage I thought, this is great nonetheless it doesn't quite reply my problem. Her study must be immense as the concepts and procedures she shares are powerful, nothing less than life-changing. I composed an email in my mind and described me and my past and recognized I already understood the answers I needed. My life was great before, now it is even better! I'm taking charge of my life and making the changes. Warning!! Some individuals are stuck in apathy and personal pity and need help finding their path in life. An excellent read with a robust message What an amazing book! I can't believe We'm just NOW reviewing this book! While I originally misjudged this simple reserve as an instant read, I soon found myself operating the guidelines and applying the exercises to change my own misguided considering and unresolved problems. The "secrets" are inside.! Read it!! It is not for the faint of center and those unwilling to simply accept Full Responsibility..... I recommend this publication wholeheartedly to anyone who is interested in enhancing himself/herself or helping others around them who are interested in improving themselves..... devour this book and stage into your power in creating your best life!! This book may be the "go to" present I share with someone I care about because I KNOW the advantages of reading and adopting the ideas within the pages first hand!.. As a Superintendent of institutions, I am always looking for ways to help myself stay positive and looking for ways to help personnel and students to accomplish the same.. Digest it! I imagine this might be especially ideal for educators. (Mary Kay) Mueller! Favorites will be the daily gratitude ritual and FGH—probably the most powerful positive attitude formulation!! It made the reserve a lot more powerful and relevant for me. This book speaks to the deepest section of you that you didn't even understand was there. The author is genuine, lives the procedure, and shares her wisdom, her analysis, and these transformational tenets. This publication hits it right on the tag.K. If you plan to read this publication, highlight a couple paragraphs, place it down and move ahead, you have skipped the soul of the work! A life changing book in probably the most positive of ways. A Must Have I simply loved this book, I knew a few of the things but not in a appropriate framework and this publication puts everything in a workable way. I have since educated with her and discovered the courage to pursue a lifelong desire. I certainly have Life Changing!! Life changing process that came into my life just when I needed it. Great information put in a straightforward to use format which makes daily use easy. I recommend this brilliant book for individuals who are searching for their very own life-change, or wish to be a catalyst for transformation in the life span of others. You will easily degrade the first duplicate you get, if you dive involved with it every morning as a daily prescription for powerful, intentional living and independence of your spirit. All our thoughts are about the

past, present or potential—forgive the past, be grateful for today's and have hope for the future!! Love it!! I'm acquiring charge of my life . MK Mueller's book 8 to Great is a phenomenally positive browse and an excellent example of Cognitive Behavioral Therapy (CBT).. We struggled with this book the first time I browse it, or attempted to read it. Enough time just wasn't correct. Add an annotated bibliography! WOW. What a video game changer for me. To have the most out of the book, I really do recommend viewing the author's Youtube videos to really become familiar with MK.. I've seen her speak as well and she is just as amazing in person. Considering this review, I understood that it was FAR too sanitized and overlooked the most significant reason for writing it - my own tale. M K solved my problem with an email she never actually received.



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