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Great Day SA

Most E-mailed

NSA to build data center at S.A. campus

UPDATED: Man stabbed to death by roommate

Obituary: Maddox

U.S. retirees in Mexico drawn by lower costs, good climate

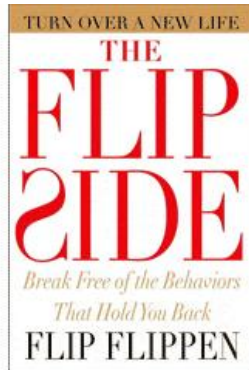
S.A. firm armors locally built Tundra

View: 24 Hour | 7 Day

Book of the Month

The Flip Side: Break Free of the Behaviors That Hold You Back

By [Flip Flippen](#)



Flip Flippen is the most influential man you've never heard of. This personable Texan is the founder of The Flippen Group, one of the fastest-growing corporate and personal training companies in America, and his philosophy has touched the lives of some of the most powerful individuals in the country--from Wall Street leaders to top sports figures like Terry Bradshaw and his NASCAR team, and from Joel Osteen's team at Lakewood Church to the 150,000 people who trained with Flip's company in 2005. Great advice for everyone, but particularly appealing to those who are taking stock of what they want to do with the rest of their lives, Flippen's approach is surprisingly simple. When we learn how to identify our "personal constraints" and take the necessary steps to correct self-limiting behaviors, we will experience a dramatic surge in productivity, achieve things we have only dreamed of, and find greater happiness overall. Flippen has created a simple process to help readers find their greatest constraint (the results may be surprising!) and build a plan to help "flip" that weakness into a newfound strength.

Producer's Note:

Great book for anyone trying to better themselves. From seasoned business people to those just walking away from college, there is something here for everyone!

Product Details

- * ISBN: 0446580783
- * Format: Hardcover, 272pp
- * Publisher: Springboard Press
- * <http://www.barnesandnoble.com>

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