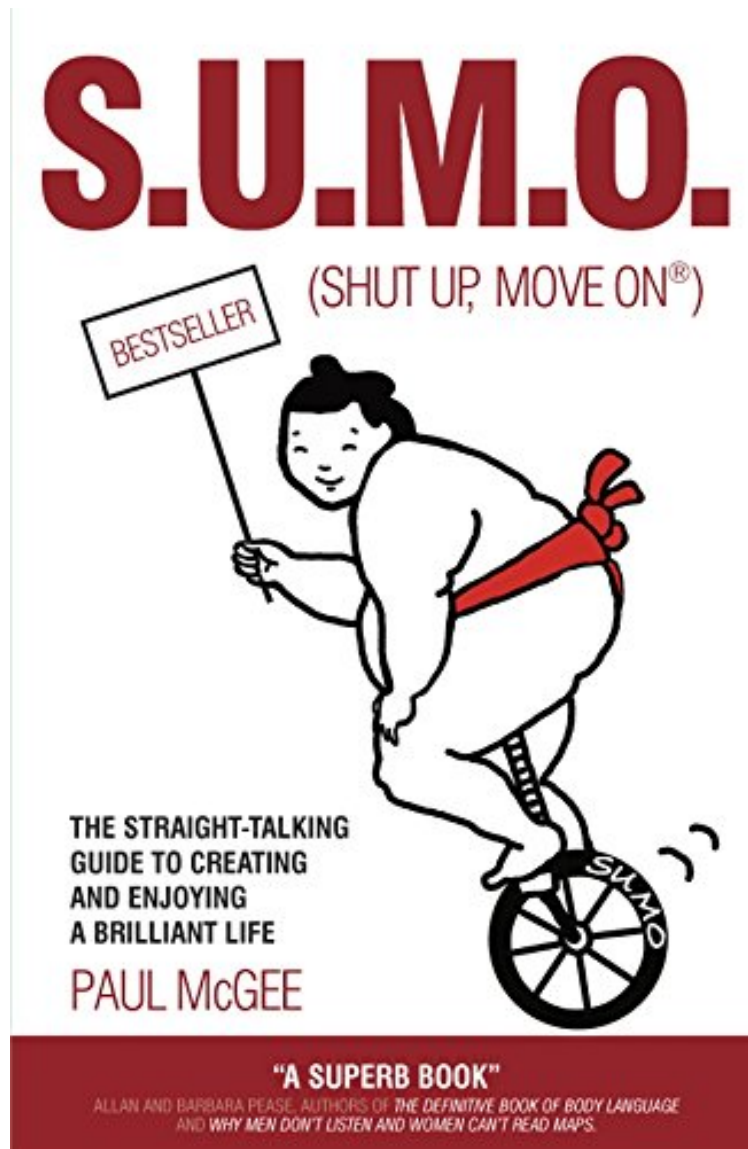


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SUMO (Shut Up, Move On): The Straight-Talking Guide to Creating and Enjoying a Brilliant Life

Paul McGee

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By K Dillon Paul McGee delivers a book that doesn't come around very often. As I started to read, I couldn't put it down. His writing style is wonderful, and his story telling is impactful. Most self-help books primarily focus upon one area of concern. Paul helps inspire you to rise to whatever challenge life hands you. He does this by giving you insight into understanding yourself and others. When it comes to planning and having action in your life, Paul will help challenge your thought process. The Ditch Doris Day section was clever in discussing how you can take ownership of your future. To make the most of your life, learn the SUMO method. It is simple, straightforward and compelling. I found this book to be very valuable.

S.U.M.O. stands for Shut Up, Move On. It's a phrase to say to ourselves (and sometimes others) when we are acting or thinking in a way that is hindering our ability to succeed. It doesn't necessarily mean 'get over it' or 'pull yourself together' (although there may be occasions when both responses are necessary). 'Shut Up' means stop what you're doing, take time out to reflect, let go of baggage and beliefs that hinder your potential. 'Move On' means tomorrow can be different from today, look for new possibilities, don't just think about it, take action. There are six S.U.M.O. principles that are designed to help you create and enjoy a brilliant life. If you are wrestling with life's challenges, these principles will help you do so more successfully. 1. Change Your T-Shirt - take responsibility for your own life and don't be a victim. 2. Develop Fruity Thinking - change your thinking and change your results. 3. Hippo Time is OK - understand how setbacks affect you and how to recover from them. 4. Remember the Beachball - increase your understanding and awareness of other people's world. 5. Learn Latin - change comes through action not intention. Overcome the tendency to put things off. 6. Ditch Doris Day - create your own future rather than leave it to chance. Forget the attitude 'que sera, sera, whatever will be, will be.' "A superb book. It combines honesty, humour and inspiration to help people move ahead in life." mdash; Allan and Barbara Pease, authors of Why Men Don't Listen and Women Can't Read Maps "Powerful, simple and effective. A highly engaging and thought provoking book. Anyone who reads it is sure to look at themselves and the world differently as a result." mdash; Octavius Black and Sebastian Bailey, The Mind Gym The S.U.M.O. guy is Paul McGee, an international speaker and author. He has been developing the S.U.M.O. principles over the last five years.

"...still smarting because you were passed over for promotion? Not yet come to terms with the Head of Sales having the last word - again - in your latest tete-a-tete? Well, once where you might have been urged to get over it, now there's only one way of describing the emotional u-turn that's needed: shut up, move on. More neatly known as SUMO..." (Accountancy Age, 21 July 2005) "...a snappy, easily digestible book that is full of insight and honesty." (Accounting Technician, September 05) "Refreshing, readable and often profound, I'd recommend it to anyone who is feeling 'stuck' in their career or their life." (Reading Chronicle, 1st September 2005) "...perfect if you're in need of some inspiration and no-nonsense encouragement... refreshingly honest and light-hearted..." (Slimmer, healthier, Fitter, 1st October 2005) "...encourages you to take an honest look at your life, remembering that it is never too late to change..." (Rosemary Conley Diet Fitness Mag, November 2005) "...the book is full of humour, tips and personal anecdotes to encourage you to take an honest look at your life and remind you it's never too late to change." (The Brighton Argus, 26th September 2005) "...SUMO is a great book and a great idea! Highly Recommended..." (Lifescape Magazine, February 2006) From the Inside Flap Seven questions to help you S.U.M.O. Where is this issue on a scale of 1-10? How important will this be in six months' time? Is my response appropriate and effective? How can I influence or improve the situation? What can I learn from this? What will I do differently next time? What can I find that's positive in this situation? By applying the S.U.M.O. principles to your life, you will discover how to: Define what success means to you Be successful AND maintain a balanced life Respond honestly and appropriately to setbacks and challenges Maintain your motivation after your initial enthusiasm has worn off Develop successful relationships with others Overcome thinking patterns that can sabotage your success Shut Up, Move On - and enjoy the journey. From the Back Cover So, what exactly does it mean to S.U.M.O.? S.U.M.O. stands for Shut Up, Move On. We all long for success and enjoyment - unfortunately, we don't always get either of them. Have you ever thought that your own attitude could be what is holding you back? S.U.M.O. shows that the way you think is a major factor in determining how your lives unfolds. It demonstrates that by taking responsibility for your life, you can fulfill your potential, seize opportunities, enjoy relationships, succeed at work and respond to adverse situations with a positive attitude. S.U.M.O. encourages you to take an honest look at your life, remembering that it is never too late to change. We can all learn to dump the victim T-shirt, develop fruitier thinking and ditch the idea that 'whatever will be will be.' S.U.M.O. offers heavyweight life coaching with a soft-centre. Weighing in with humour, insight, practical tips and personal anecdotes, it is a thought provoking - and possibly life-changing - read.