

# Guide to Developing Your Potential



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"The average healthy individual is functioning at not more than ten per cent of his potential." The general public is not aware of this, yet many of today's prominent behavioral scientists support this conclusion. In his work as Director of the Human Potentialities Research Project at the University of Utah for the past seven years, Herbert A. Otto has sought ways and means to help people develop more of their potential. This

book makes available to the layman for the first time many methods and findings from the research project.

This is a unique self-help book, and throughout the author provides specific methods of cultivating your own resources. These include keeping a potentialities work book, action programs, discussion topics, suggested readings, and field trips. The author also recommends setting up a partnership team, which will enable two people to work on expanding their potential together. What are our potentialities for satisfaction and achievement in life? What keeps us from realizing these? And how can we bring them into being? These major questions are the focus of attention in Guide to Developing Your Potential. Dr. Otto considers a wide range of data drawn

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