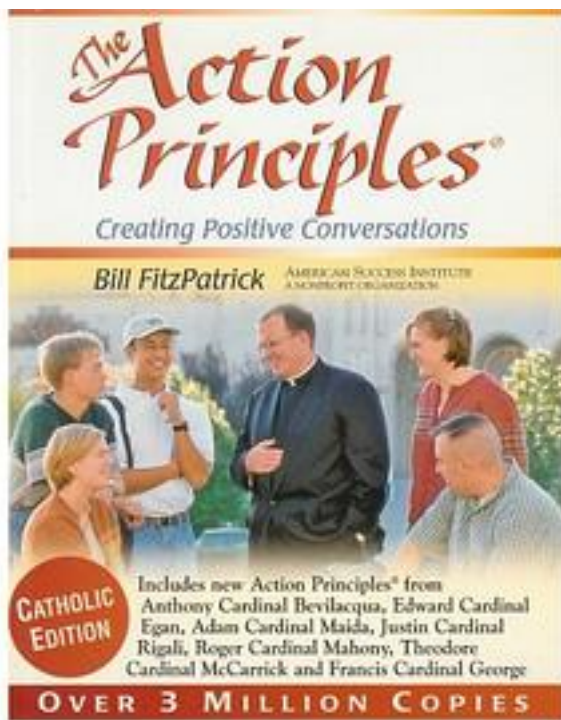


The Action Principles



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What is so inviting about the tried and true advice of the Action Principles is that the beneficial results are immediate. You don't have to spend a year in graduate school, two days fasting or an hour chanting. Just stop, take a few deep breaths, read for a moment and think. You can change your life for the better in an instant. You can make an immediate decision to become more aware of how you are living your life and recognize your personal choice to be happy. Guided by your awareness and these Action Principles, you can act. You can

listen more, smile more, be more patient and volunteer

more often. You can take the lead and be in control. You can choose to be a better partner, parent, friend, son, daughter, employer, employee and citizen. In short, you have the God given power to choose a life of self-improvement and a commitment to helping others.

作者介绍:

Bill FitzPatrick is a teacher. He enjoys a reputation as a leading martial arts master, small business expert and popular motivational speaker. Through his website, books, videos, speeches and seminars, Bill has brought the practical advice and positive spirit of the Action Principles to corporate meetings, professional groups and college audiences throughout the United States, Europe, Asia, North Africa and Central America.

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