



110% Solution: Using Good Old American Know- How to Get the Most Out of Your Time, Talent, Ideas and Life

Mark H. McCormack

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For the businessperson who wants that promotion, the housewife who needs to manage time more efficiently, the student who hopes to study more effectively...here is an invaluable guide to maximizing your personal and professional potential.

The message from Mark McCormack, owner of the billion dollar management group I. M. G., is simple: achieve peak self-esteem, peak performance and peak success by putting forth peak effort. Giving even 100% is just not enough -- you must learn how to give that extra 10%. The key, according to McCormack (who cites clients such as Martina Navratilova and Jean Claude Killy as examples), is the successful management of every aspect of your life -- your time, your talent, your creativity. Learn how to identify your strengths and use them to their greatest advantage. And discover that, while there are no shortcuts to getting ahead some paths are easier -- and more rewarding -- than others.

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