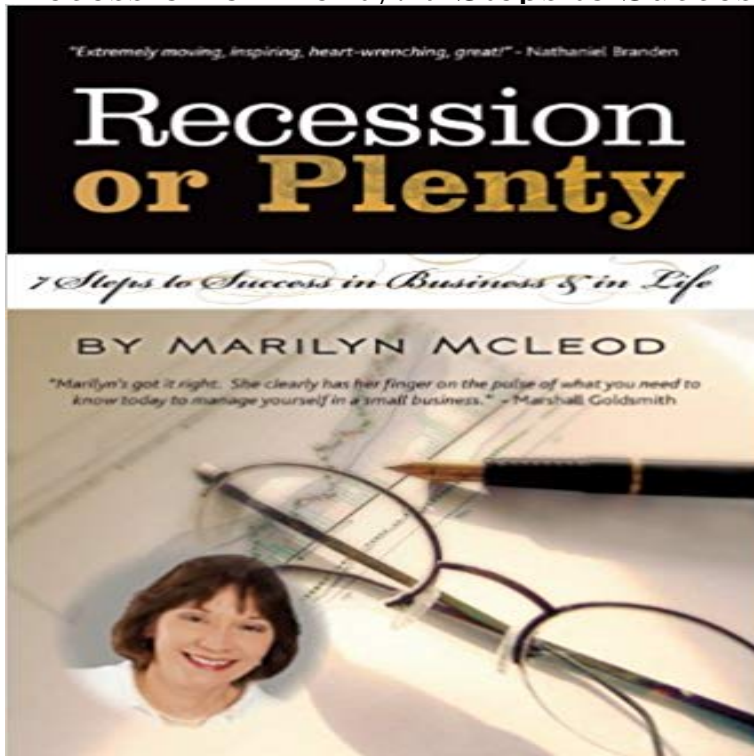


## Recession or Plenty: 7 Steps to Success in Business & in Life



Marilyn McLeod, personal management coach for small business owners, takes the reader through seven important steps to increase success in business, projects, and life. Idea-generator, reference, and comfort food for the soul, the book has a friendly tone and includes candid stories of real people and key principles by today's greatest thinkers. Easy to read with chapter summaries and exercises, *Recession or Plenty: 7 Steps to Success in Business & in Life* is a powerful tool for people in any capacity who choose to take an active role in creating a better life for themselves and those around them. -- *Recession or Plenty: 7 Steps to Success in Business & In Life* is a valuable guidebook for all of us on our journey to success, however we define it. Frances Hesselbein, awarded the Presidential Medal of Freedom, Chairman, Board of Governors of the Leader to Leader Institute, Founding President of Peter F. Drucker Foundation and former CEO of Girl Scouts of the USA -- Extremely moving, inspiring, heart-wrenching, great! Nathaniel Branden, Psychotherapist and Philosopher, Author, Proponent of the Psychology of Self-Esteem -- The tone of the book is friendly. It is like having Marilyn in the room. Give yourself ten minutes here, half an hour there, and read her book as an idea-generator for whatever issues you are facing. With wisdom distilled from her coaching practice, Marilyn's got it right. She clearly has her finger on the pulse of what you need to know today to manage yourself in a small business. Marshall Goldsmith, best-selling author: *What Got You Here Won't Get You There* (Hyperion) is a New York Times bestseller, Wall Street Journal #1 business book, winner of the Harold Longman Award for Business Book of the Year. *Succession: Are You Ready?* (Harvard Business Press) is a Wall Street Journal bestseller. -- Marilyn's book does something unique: It brings together

some of the most valuable inspirational resources but also practical nuts and bolts knowledge that we all need. Her book is helping me both to get through these very difficult times and reach my goals. I credit this book in helping me thrive not just survive. Gary Ranker, Corporate Politics Coach, Forbes Top 5 Executive Coach -- For all the small business owners out there who are struggling in these times, Marilyn McLeod has written a primer you MUST read. It contains heartfelt and hard-won wisdom for all who want to get beyond the mass of information and infomercials they receive every day. This book literally is brimming with enthusiasm while offering clear ideas for success. James Goodrich, Founding Dean, Marshall Goldsmith School of Management, Alliant International University -- Martin Luther King Jr once said, The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. In *Recession or Plenty: 7 Steps to Success in Business & In Life*, Marilyn courageously shares with us her past personal challenges, and like Phoenix rising from the ashes, provides a road map you can immediately use to be successful in your personal and business life. Marilyn serves as your personal coach by first helping you define the person within you, therefore making it easier to create the world you so desire around you. A must read! Dr. James H Singletary Behavioral Optometrist, OrthoKeratologist -- I have known and worked with Marilyn for almost 10 years. She has always surrounded herself and learned from an eclectic group of the best thought leaders. In her very timely book she shares her personal journey and the journey of others to knowledge and towards wisdom in a very usable way. All we need is the courage, commitment, and discipline to use the blueprint she lays out in her wonderful book. Chris Coffey Keynote Speaker, Leadership Educator, Executive Coach

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