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This review was hidden because it contains spoilers. To view it, click here. This book is inspiring and it can really make your life better if you can take action. To do this, I recommend joining The Better Life Challenge created by the author, Dean Graziosi. I already find myself on a good track and most of the things presented in this book I already knew and applied almost daily. For those who need that extra motivation to get on the right track, this is the book for you. If you don't like Gary Wee's aggressive approach to this than you sniff this book is inspiring and it can really make your life better if you can take action. To do this, I recommend joining The Better Life Challenge created by the author, Dean Graziosi. I already find myself on a good track and most of the things presented in this book I already knew and applied almost daily. For those who need that extra motivation to get on the right track, this is the book for you. If you don't like Gary Wee's aggressive approach to this, you're more sniffing about Dean's friendlier approach to motivating people. But there were some new methods, which I didn't know before, which I happily used to have a clearer vision/perspective or even create new good habits. Some of the things presented in the book I recommend integration into your life:1. Always do what you can, no matter what you do. There is a vision. 3. Find out why you want to do something in life. (Google 'seven levels deep'.) 4. Don't feed the negativity. 5. Don't let your weaknesses affect you. Improve your strengths. 6. Your posture, smile, walking, etc. have an impact on your subconscious. Don't deny their power. 7. Do not give the actions and words of others the power to affect your well-being. 8. The people close around you have an impact on you. Be selective. 9. Building trust means: think about your CAPABILITIES, it means being CONSTANT on what you do and with COURAGE. 10. Say no to things and people who don't bring value into your life. 11. Amazing things happen when we do terrible things. 12. Attraction and conviction is what brings you success in life. 13. If you want to have a great relationship with others, first understand the other person and then make yourself understood. 14. If you want to sell something, offer value and take care of your relationship with them after you make that sell. 15. Thank you!16. Happiness brings success, not the other way around. Find happiness within you, not in material things. 17. Accept failure as part of the road to success. 18. Don't settle for just a good thing. Make health a priority. A healthy person has 1000 wishes, a sick person was only one. 20. Don't make assumptions about human history. 21. It's all about consistency and tense They're more important than talent. Have a short-term and long-term plan. ... More In this age of powerful technology and information at our fingertips, the theme of success success it is complex and overwhelming. Many people seem to be caught in a race to figure out the right formula inside endless possibilities. We may fall into the trap of being obsessed with what tool, whose method or in which direction to go to get to the destination faster and more efficiently. At every turn (especially on the Internet), we are bombarded with courses, tutorials, articles and videos that promise to give us the answers that we are looking for. But what if it's really not as hard as we make it to be? What if achieving success is really easy? Related: 4 Secrets of Insanely Successful People It was an offer from Dean Graziosi. He has been on television every day for 17 consecutive years because his commercials around learning real estate have been successful and popular. He is a multiple new-book author of the New York Times, the best real estate coach in the world and befriends the best of the best. But like many greats, he didn't start with much. Dyslexia, broke, coming from a family that has always struggled with money, just trying to figure out life. Graziosi is an incredible example of the power of turning your story around because you decided. We met many years ago through a mutual friend, but this is the first time we were able to sit down and immerse ourselves in his brilliant mind and how he created what he created. We covered his best habits for success at the millionaire level, and he told me a few stories that made me break. He repeated that the rings are true to me as well: that the more success you have, the more you realize that the shifts that need to be made to become successful are actually less than people would expect. 1. Be true to yourself. Make sure you are happy with the person you see in the mirror, with the person you are being every day. Are you the partner you want to be, the friend you want to be, the parent you want to be? When you are aligned with who you want to be, you are true to yourself. 2. Set your day to success with a morning routine. We all suffer. We have moments of suffering, sometimes short, sometimes long. If you can limit your suffering, you can more easily focus on solutions and move forward. The morning routine can help you set your day for the least amount of suffering and create a foundation of attention. 3. Practice of gratitude. Find gratitude at the most basic level. See the beauty and blessings of every moment. Just wake up alive, breathe. In the sheets on the bed. The bed itself. Graziosi says to return his gratitude to the basics of life, not to big things. 4. Disconnection. Set yourself to success, centering yourself with your routine so that you can react rather than react to things coming at you during the day. Avoid the phone at night and first thing in the morning. Otherwise, your attention may be reset before you have taken the time to yourself. 5. Feed your soul. Read from your favorite meditate, do whatever it is that feeds your soul. Related: 16 Rich Rich 6. Feed your body. Graziosi prefers a glass of water with lemon and some green juice. Eat for yourself. 7. Move your body. Exercise, exercise, exercise. Everything that works for you. 8. Write a list of what you get to do, not what you should be doing. Graziosi painted cars in a car shop when he was young, inhaling fumes all day. Now, even though he doesn't like conference calls very much, he reminds himself that these days he gets to conference calls instead of inhaling paint fumes in the store. It's a powerful shift of thinking. 9. Be overly enthusiastic and committed to your why. Get to the bottom of your why. Graziosi recommends the exercise, which he describes as 7 levels deep. It changed Dean's life and purpose forever. 10. Let thoughts be things, not who you are. Be an observer of your thoughts. Two books Graziosi says should read around this include The Untethered Soul by Michael A. Singer and Power Now by Eckhart Tol. When you struggle and want more in life, you often think there are hundreds of things you need to learn or change about yourself, but it actually comes down to a handful of things that make someone successful or not. These fundamental habits can change everything for you. Success is actually easier than people think. To hear more from Graziosi, you can listen in episode 428 of the School of Greatness. 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