



S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life

Paul McGee

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This is the long awaited second-edition of Paul McGee's international bestselling personal development heavyweight *S.U.M.O.* Weighing in with humour, insight, practical tips and personal anecdotes, it's a thought provoking – and possibly life-changing – read. *S.U.M.O.* has helped tens of thousands of people fulfil their potential, seize opportunities, succeed at work and respond to adverse situations with a positive attitude. Now comprehensively expanded and even more interactive, the 2nd edition, will help *S.U.M.O.* fans – and *S.U.M.O.* virgins – get even more out of this popular, straight-talking guide.

S.U.M.O. stands for Shut Up, Move On. It's a phrase to say to ourselves (and sometimes others) when we are acting or thinking in a way that is hindering our ability to succeed. It doesn't necessarily mean 'get over it' or 'pull yourself together' (although there may be occasions when both responses are necessary). 'Shut Up' means stop what you're doing, take time out to reflect, let go of baggage and beliefs that hinder your potential. 'Move On' means tomorrow can be different from today, look for new possibilities, don't just think about it, take action.

There are six S.U.M.O. principles that are designed to help you create and enjoy a brilliant life. If you are wrestling with life's challenges, these principles will help you do so more successfully.

1. *A brand new principle:* E+R=O – Event + Response = Outcome. It's not just what happens to you but how you respond to it that shapes your life – you *do* have control.
2. Change Your T-Shirt – take responsibility for your own life and don't be a victim.
3. Develop Fruity Thinking – change your thinking and change your results.
4. Hippo Time is OK – understand how setbacks affect you and how to recover from them.
5. Remember the Beachball – increase your understanding and awareness of other people's world.
6. Learn Latin – change comes through action not intention. Overcome the tendency to put things off.
7. Ditch Doris Day – create your own future rather than leave it to chance. Forget the attitude 'que sera, sera, whatever will be, will be.'

'A superb book' Allan and Barbara Pease, bestselling authors of *Why Men Don't Listen & Women Can't Read Maps*

'The S.U.M.O. approach is powerful, simple and effective. Anyone who reads it is sure to look at themselves and the world differently as a result' Octavius black and Sebastian bailey, co-founders of *The Mind Gym*

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Rosemarie Cleveland:

The reason why? Because this S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life is an unordinary book that the inside of the guide waiting for you to snap it but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such incredible way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of gains than the other book get such as help improving your talent and your critical thinking approach. So , still want to hesitate having that book? If I had been you I will go to the reserve store hurriedly.

Patrick Pierce:

Is it a person who having spare time then spend it whole day by watching television programs or just resting on the bed? Do you need something new? This S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life can be the respond to, oh how comes? The new book you know. You are therefore out of date, spending your extra time by reading in this fresh era is common not a geek activity. So what these publications have than the others?

Kevin Zavala:

With this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple way to have that. What you are related is just spending your time not very much but quite enough to get a look at some books. One of several books in the top listing in your reading list will be S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life. This book and that is qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upwards and review this book you can get many advantages.

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