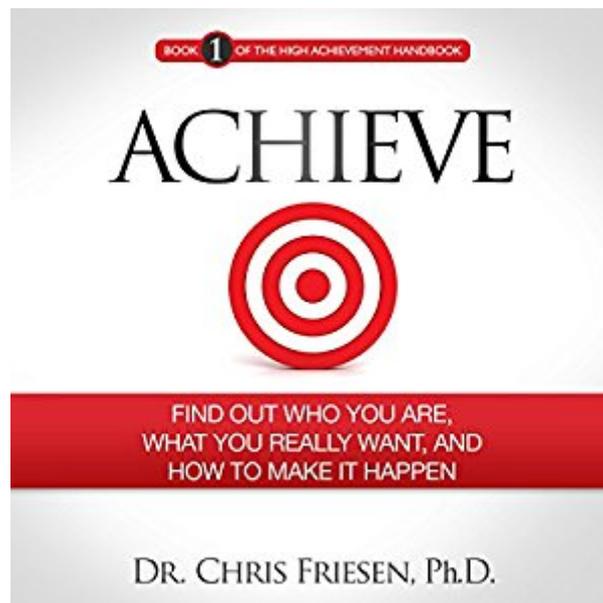


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# Achieve: Find Out Who You Are, What You Really Want, And How To Make It Happen: The High Achievement Handbook, Book 1



## Synopsis

Are you unsure of your life's purpose? Are you afraid you're living below your true potential? Do you have trouble staying motivated and focused on your goals? If you answered yes to any of the above, this book is for you. Dr. Friesen pulls from his work with high achievers, his own personal experiences, and his vast knowledge and experience in the field of psychology to build you a roadmap to elite achievement. This scientifically packed and highly practical book is going to show you, step by step, what you need to do to make sure you're working effectively toward the dreams and goals that are right for you. Whether you're an elite athlete, entrepreneur, executive, professional, writer, or high achiever of any type, this book is for you. *Achieve* will help you: Learn how your unique personality is the foundation for your success. Quickly find out what's really important to you. Unleash unique strengths and passions that will be key to your success. Unveil the mission and purpose that will propel you forward. Learn how to set, and finally achieve, the right goals for you. Are you ready to take your life to the next level? If so, let's do this!

## Book Information

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## Customer Reviews

There is so much information in this book that is both practical and immediately usable. As a fellow psychologist I can attest to the fact that *Achieve* is written in a factual and scientifically support way. It's basically a mini-course of finding who you are and achieving results that fall in line with your values. This book provides a framework for leveraging your strengths while expanding on your weaknesses. Written in an conversational style while still citing numerous studies, *Achieve* provides

readers with exercises, questions and all the information they need to make better decisions in their life and business. Highly recommended for anyone who wants to get a more scientific understanding of themselves.

In *Achieve: Find Out Who You Are, What You Really Want, and How to Make it Happen*, Dr. Chris Friesen lays the groundwork for you to gain a better understanding of yourself. He helps you to understand the five basic personality tendencies -- Susceptibility to Negative Emotions & Stress, Extraversion/External Stimulation Tolerance, Openness to Change/New Experiences, Motivation/Self Control. He explores each of these areas and the practical implications. If that was not enough, he includes chapters on your values, your strengths, your "whys", your goals, and how to make it happen. If you are interested in improving yourself and achieving more in your life than you thought possible, this book is for you!

Me and the author shares similar, better yet, precisely the same views when it comes to finding a life with purpose and meaning. In a world where many people lead lives of quiet desperation. A book like this can help people create their dream life through self awareness, strength identification, and creating a solid plan going forward. What separates this book from the crowded field of self help is the fact that the book is filled with research based frameworks as opposed to the author's opinion alone. He's able to break down complex psychological principles and break them down in a way that's easy for anyone to understand. Do yourself a favor and buy yourself a copy. In fact, buy 10 and share them with your closest friends and family. It's that good!

I have gained so much from reading books on self improvement and personal growth over the years and I found this one to be top notch. I love how the author brings in your unique personality and tendencies while giving you actionable ways to implement the suggestions. This makes so much more sense than the cookie cutter approach similar books take to reaching your goals. If you are interested in improving your life and reaching the goals you've set for yourself, you will definitely benefit from this book!

What I really liked about Chris Friesen's book, *Achieve*, is how clearly he breaks down the benefit of understanding both your strengths and weaknesses. I'm not interested in reading books that only focus on the positive and sweep the negative parts under the carpet. Mr. Friesen doesn't do that. He not only shows you how to embrace all you, he explains how to determine your career based on

where you fall within the 5 Basic Personality Tendencies. That's why I wish I had read this book during college. It would have saved me from burning out six years after I graduated. When I finished reading *Achieve*, I finally understood what happened to me back then, and I also realized how it could have been prevented. Not with a quick fix, but with a deeper understanding of who I was, what I valued and what I brought to the table prior to getting myself tangled in something that didn't fit. I highly recommend this book for everyone from seniors in high school to senior executives.

This is a very meaty book jam-packed with so much information its hard to explain it in one paragraph. As a retired social worker, I found the content to be everything a really good vocational coach should be telling someone who is struggling to achieve more in their life. There are plenty of self-help worksheets to help you to find your Why, What & How. Most people go through periods in their lives when they find themselves self-sabotaging their own success in life. So how do you change that? How do you motivate yourself when you are not really sure what you want? How do you really decide what you want in life? How do you step away from the expectations that others place on your life and take that risk and jump into doing what you really want to be doing? We all need to motivate ourselves to achieve. We all want to be a success. This book needs to be on every bookshelf with every professional in the counselling field. Help your clients, get one for yourself and a dozen for your clients.

Excellent book that closes the gap between science of success/top-performance and the reality of our lives. Unlike many authors, Chris Friesen tells us how it is: it's not like we can all achieve success just simply by wanting to achieve it and 'changing the mindset'. He explains how the differences in the way we're made up (various personality traits) influence our path to success, and what we need to focus on to achieve our goals. This book helps the reader discover those traits and then shows how to use them to succeed. It's a guide to your own, personalised path to top performance. The book is written in an easy-to-read and understand way. It contains examples from Dr Friesen's work with top performers and exercises to help readers find who they are, what they really want and how to make it happen. I'm looking forward to the next books in the series!

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