***Success Is A Side Effect***

**by Monica F. Anderson**

Excerpt

* **Pursue your passions, not people.** Independent

women have inner beauty and outer charisma that can’t

be purchased at a boutique or cosmetics counter.

* Avoid the fear factor. Every great endeavor has great

risks. **When you fall, fall forward.** Learn from your

mistakes in life and love. Then, try again, more intelligently.

* Delegate. Success demands your single focus. **You**

**can’t** **achieve great outcomes with mediocre**

**effort.** We mock men for not being able to multitask—

watch the baby, cook, wash, and plan a vacation while a

light bulb—yet the majority of Fortune 500 CEOs are men.

Obviously, it is not a handicap to do one thing at a time.

* **Don’t quit!** Your life is a delicate soufflé, not microwave popcorn. It takes time and effort to reach realistic goals. Author Malcolm Gladwell says it takes ten thousand hours to become an expert at a “cognitively demanding activity.” That’s 1,250 eight-hour days of practice. Don’t give up too soon on school, your new role at work, or learning a new skill.
* Never roar like a lion. You don’t have to be one of the boys to compete in co-ed sports, politics, or the work place. **Effectively communicate without screaming** and you’ll be respected (and heard).
* **Embrace your place.** Have a few friends your own age. The glamour mags are lying. Forty is not the new thirty,and twenty is not the new fifty. Do not waste precious moments in the present with mourning or envy of the past.
* Change your mind often. Change is part of growth, and stubborn pride is worthless in the store of life. **Try new things and test new ideas.** “You haven’t changed a bit in twenty years” is not a compliment. You should be better than you were twenty years ago.
* Eat lunch with strangers. Plants follow the same sun every day. You are not a plant. **Spend time conversing with people in other age groups, of other ethnicities, and of the opposite gender** if you truly strive to reach new heights. Avoid cliques and broaden your knowledge of human nature by broadening your network.
* **Schedule your mental breakdowns.** Why randomly fall apart when you can take a vacation, take a nap, or retreat to the bathroom for ten minutes and relax your mind? Refreshed bodies are more creative and productive.
* **Never close your heart unless it’s temporarily under reconstruction**. Loving your neighbor as yourself is not optional.

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