



This Audio CD Book, *If it's to be: It's up to me*, is A Practical Step-by-Step Plan to Build Inner Confidence and Personal Power that can provide you with the skills necessary to Live a Fantastic Life.

If you want to Live a Fantastic Life you will need to be disciplined, focused, determined to succeed and be willing to do whatever it takes to achieve your goals. You will need to identify what's important, what's not important and what can be shelved. You will also need to develop strong personal boundaries, learn how to develop a plan, stick to it and to make yourself a priority.

This book instills a process into people's minds where they learn to think in 'project terms' and realize that everything they do has a beginning, a middle and an end. This type of thinking creates objectivity by taking the emotions out of it. People can learn to be more action oriented and solution focused and just tick off each project as they complete it.

It is not just a one-off thing to listen to; if people are committed to the process, willing to do whatever is required then it can change the very fabric of their life. If on the other hand if they want the magic fairy to 'do the work' they will be disappointed.

The author can talk in these terms now because she has seen the way it is changing people's thinking and lives and it is truly wonderful to have produced something that is so powerful. The whole CD only goes for 45 minutes so it is very easy to manage. Merydith Willoughby

Market research

The audio book has been purchased by senior executives, people with mental health issues and anyone in between. These people have reported that the process has assisted them significantly to review what they're doing and then to establish strategies to implement changes in their professional and personal life.

- Chapter 1— Live a Fantastic Life
- Chapter 2—Getting Started
- Chapter 3—Personal Boundaries
- Chapter 4—Work Life Balance
- Chapter 5—Expect Success
- Chapter 6—Road Blocks
- Chapter 7—Staying Focused
- Chapter 8—Next Steps
- Chapter 9—Finale

Reviews

I found *If it's to be: It's up to me* filled with smart tactics and handy tools to help squeeze the optimal efficiency and satisfaction out of life. It also presents practical solutions for pinpointing and combating the everyday things that hold us back. Merydith Willoughby understands the traps that befall us all and provides us with easy to understand answers that will make our lives more fruitful with less stress - an invaluable tool! Senior executive

I listen to the book on my way to the office or to an appointment. It helps me to develop goals for the day and to focus on what's important. Financial advisor

Thank you very much for *If it's to be: It's up to me*. It's brilliant. I have only listened to it once but it was enough for me to make some big decisions. Restaurant manager/family business

Your book is outstanding and I will work the program myself. I also have a list of people I want to introduce it to. Will need to purchase many more and supply them to these people. Business manager

It's easy to follow, compact and does what it says it will. Gen Y

What I like about *If it's to be: It's up to me*, is that it doesn't go on and on about nothing—there are key strategies that work and work well. Gen X