

LESSONS FROM THE GYM: *Finding Profit and Purpose through Network Marketing*

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This book is an excellent resource for those involved in network marketing or looking to join this industry.

Most people that are working at creating an extra income from home (part or full time), whether they are willing to admit it or not, have struggled at some point. In the vast sea of opportunities, there are many sharks and sharp rocks to run your boat into.

My intention for you is that on your way to profit and purpose, a beacon can be your safe guard and guide you through those sharp, jagged rocks to your success.

Because I have experienced the frustration, and through my own trial and error, I searched for the truth of what does and does not work. I would like to share what I have learned and are still learning in this wonderful sea of network marketing.

I am now taking my thirty years of being a world-class body-builder, a successful entrepreneur and a recognized seasoned professional in the network marketing industry and consolidating those success principles into this book. I realized that my success in all these area's came down to the same three masteries:

- 1) **Relationship Mastery** – The importance of building win-win relationships. Not only with others, but more importantly, relationship with self.
- 2) **Core Value Mastery** – Core values are the tools that navigate us through life. When we know who we are and what we stand for we're better equipment to make the right decisions.
- 3) **Energy Mastery** – We're all a bundle of energy; hence, everything we do on a daily basis expands energy. All of us are really in the energy management business.

In this book I will be taking you through many mental workouts. We will be going through various exercises together that will prepare you to be the best you can be. As your mind-fit coach, my main objective is to help you identify and eliminate any limiting beliefs that may be holding you back from reaching your full potential.