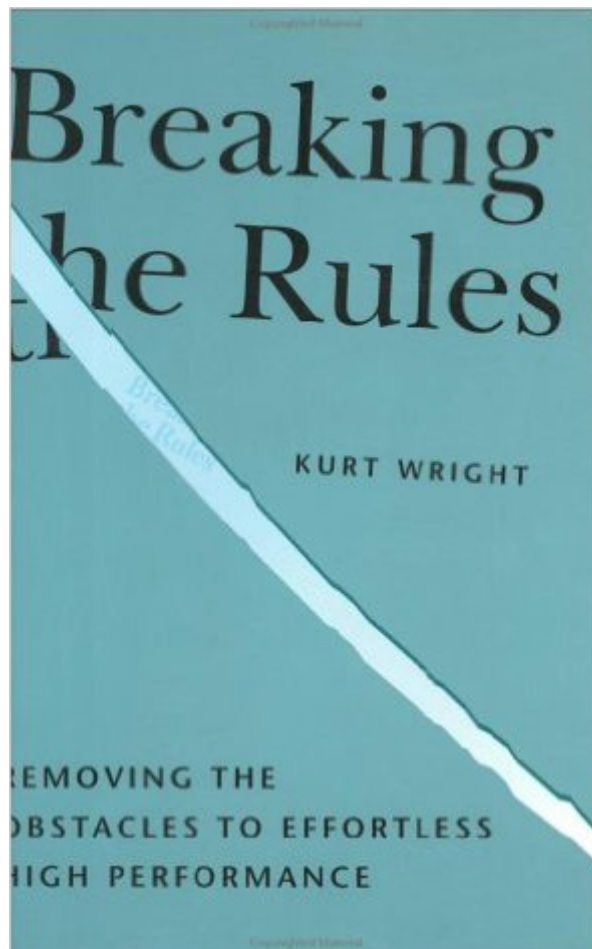


The book was found

# Breaking The Rules, Removing The Obstacles To Effortless High Performance



## Synopsis

Breaking the Rules is both an intensely personal self-improvement book and a business management book. On the self-improvement side it is a personal guide for discovering what you are like at your very best and how to be that way more often. It offers a complete system of self-understanding based on the premise that being at your best is your natural state, and one you could be enjoying more often if you weren't doing so much to interfere with it. The author invites readers to join him in a discovery learning process that reveals how to stop interfering and learn to tap into and begin to work with the natural guidance that is readily available through your inner intuitive knowing. A complete description is furnished for how real-time access to your intuition can be easily achieved when your intuition is being supplied with properly framed questions. Breaking the Rules proposes that: 1) Being at your best cannot occur until you gain real-time access to your intuition. 2) While it may be easier for women to access their intuition, it is actually men who have the more powerful intuitive capability. The real need is for both men and women to fully appreciate and make better use of this valuable strength. 3) The proper use of "what's right" questions is a far simpler and more effective way to solve problems than trying to figure out what's wrong and fix it. 4) All that we know about what it takes for an individual to be at his or her best must cross-apply to an organization or it cannot be considered valid. 5) All that we think must occur for an organization to be at its best must also be true for an individual at his or her best or it cannot be considered valid. 6) Our lives work best when they are lived in full alignment with our life's purpose. Unfortunately, less than five percent of the population is able to articulate their life's purpose. 7) Problems that occur in our lives are simply ways used by our inner self to let us know that we are out of alignment with our life's purpose. On the business management side, the work presented in Breaking the Rules is the culmination of more than 20 years of inquiry, development and field testing around the question, "What causes commitment, in its healthiest, least stressful form?" The author's initial working premise was that if the thought process used by visionary leaders to achieve their high level of effectiveness could be truly understood, that understanding should offer an ideal model for allowing organizations to achieve their own greatness. Breaking the Rules shows how this can now be demonstrated consistently in practice.

## Book Information

Hardcover: 320 pages

Publisher: C P M Pub (April 15, 1998)

Language: English

ISBN-10: 0961438339

ISBN-13: 978-0961438333

Product Dimensions: 9.3 x 6.3 x 1.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #380,370 in Books (See Top 100 in Books) #18 in [Books > Business & Money > Business Culture > Health & Stress](#) #4445 in [Books > Business & Money > Management & Leadership > Management](#) #8145 in [Books > Textbooks > Business & Finance](#)

## Customer Reviews

This is a fascinating book on asking the right questions. A must-read for anyone in a leadership position, especially coaches and visionaries. I'm testing out some of the ideas on myself as well as my clients, and the ideas seem to be working quite well. The author breaks down the structure of "What's right" questions and contrasts them to "What's wrong" questions. Some people spend their entire lives asking about and exploring what's wrong, and that can be very energetically draining. "What's wrong" questions are processed in the rational/analytical mind, not the intuitive part of our mind. By asking "what's right" questions, we can bypass the rational mind and go straight to the intuitive mind. Visionary leaders and high-performers bask in questions of what's right, pouring their focus and energy into understanding what's right, why things are working well, and how and why people get "on a roll." Example of what's right questions:- What are you and I like at our very best?- How do we switch from a world view of depletion and shortage to one of surplus and abundance? Author says these kinds of possibility-focused questions generate creative energy (whereas 'what's wrong' questions deplete energy.) "The field of psychology is so focused on the study of sick people to find out what's wrong. My approach has been exactly the opposite: it has been to study the super-well and find out WHAT'S RIGHT." (4) "Asking ourselves and being asked RIGHT QUESTIONS (in order to regain conscious access to what we already know intuitively) is a path far more certain to put our lives on a permanent roll.

[Download to continue reading...](#)

Breaking the Rules, Removing the Obstacles to Effortless High Performance Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life  
Removing the Mask: How to Identify and Develop Giftedness in Students from Poverty  
Misreading Scripture with Western Eyes: Removing Cultural Blinders to Better Understand the Bible  
Removing Mountains: Extracting Nature and Identity in the Appalachian Coalfields (A Quadrant Book) Marlon

Kobacker's Removing the Capital Cost Barrier to Sustainable Building Design Three Jack Reacher Novellas (with bonus Jack Reacher's Rules): Deep Down, Second Son, High Heat, and Jack Reacher's Rules Ford Total Performance: Ford's Legendary High-Performance Street and Race Cars The Filmmaker's Eye: Learning (and Breaking) the Rules of Cinematic Composition How to Succeed in Business By Breaking All the Rules: A Plan for Entrepreneurs [Russian Edition] Turn the Ship Around! A True Story of Building Leaders by Breaking the Rules High Commitment High Performance: How to Build A Resilient Organization for Sustained Advantage Gardening For Entrepreneurs: Gardening Techniques For High Yield, High Profit Crops (Farming For Profit, Gardening For Profit, High Yield Gardening) Joseph: Overcoming Obstacles Through Faithfulness (Men of Character.) Obstacles to Deliverance: Why Deliverance Sometimes Fails (The Frank Hammond Booklet Series) Dog Agility Equipment Construction Instructions: YOU CAN! Build Better Training Obstacles for your Dog Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion Noble Heart: A Self-Guided Retreat on Befriending Your Obstacles Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles, Cultivate Positive Qualities, and Uncover Your Inherent Wisdom The Enlightened Cyclist: Commuter Angst, Dangerous Drivers, and Other Obstacles on the Path to Two-Wheeled Transcendence

[Dmca](#)