



# Listen Up!

Eric Guttman

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"My friend Eric has written the book that is the definite companion volume to my Unveiled Mysteries of Self-Mastery. Mark my words, in a few years from now those that are inside Eric's "circle of trust" will be extremely glad they got in with him today." – Peter Ragnar

If you are anything like me, then perhaps you are embarked on a life quest of self-improvement and self-discovery. I started when I was eighteen years old listening to Nightingale-Conant tapes and then by attending seminars to be in the presence of men and women that have demonstrated superior sustained performance and mastery over life. If you are like me then perhaps you would like to know how to apply some of these principles in the REAL WORLD. I wrote a book called, Listen Up! 101 Self-Evident Truths to Get You Off Your Ass, Stop Feeling Sorry for Yourself, and DO Something with Your Life! in which I explain how I took these principles and applied them to my life.

You can read this book one page at a time and you have a 101-day course or easily read it cover-to-cover in a single sitting it as an entertaining memoir of life in today's U.S. Navy. This is the book I wish someone had given me in the start of my military career to save myself a lot of ass-chewings! (And trust me, I got plenty of scar tissue back there from learning things the "hard way", ouch!) Find more at www.EricGuttmann.com



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