



# Gumptionade: The Booster For Your Self-Improvement Plan

*Robert B O'Connor*

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## **Gumptionade: The Booster For Your Self-Improvement Plan** Robert B O'Connor

WHAT IF YOU ACTUALLY KEPT YOUR NEW YEAR'S RESOLUTIONS? For starters, you'd profoundly impress your family and friends. That's because self-improvement is not easy. Most of us try and fail to lose weight, be better partners, get fit, get organized or fix our finances. We know what to do, but we can't make ourselves do it. Consultant and philosopher Robert O'Connor puts a name on the elusive power to do what needs to be done, when it needs to be done. It's gumption: courage, resourcefulness, and common sense in harness together. O'Connor shows how you can build your gumption in this inspirational, handy collection of practical life instruction sprinkled with maxims such as "Don't confuse Easy and Magic with the work of real change"; "Put excellence before success"; and "Don't lead with your wallet." His advice is firmly supported by true-life examples of gumption-driven problem-solving success stories (e.g., NASA's Apollo 13 rescue, Billy Beane's Moneyball success, and Texas governor Ann Richards' victory over political foes and alcohol). O'Connor draws lightly on his own failures and recoveries, then gives concrete ways to rewire destructive ineffective thought patterns. Not just a cheerleader, he's careful to note that "Enthusiasm is not gumption" because, like good luck, it's "great when you have it, but out – side of your control." Sixteen compact chapters, some with worksheets, spell out how to cultivate what you can control (your character) and show how properly applied doses of gumption can root out fears, and head off destructive responses, and help you do what needs to be done

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