

Even Eagles Need a Push: Learning to Soar in a Changing World

By David McNally

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Discover your strengths, *live* your dreams! Let go of fear. Discover your true sense of purpose. Live the life you've only imagined!

Why does the thrill of soaring begin with the fear of falling? How can you overcome that fear and dare to *live?* Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action. Be prepared to work! In this book, *you* write the ending. Read fascinating anecdotes, stories, personal revelations; practice the meditations, self-assessment exercises, affirmations, and keep track in your journal as you discover the power of your potential and begin to soar. Learn how to

Choose your attitude and transform your life
Practice positive affirmations to overcome self-doubt
Radiate confidence as you discover the power of purpose
Use language to help shape your thoughts
Achieve what you truly want from life

Maximize your creative potential. Find success with dignity. Deal with personal crises. Discover your answers in the book that will forever change the way you feel about your work, your dreams, and yourself, as it helps put your own personal powers to work.

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Review
"This is a self-help book that helps! It works! Four stars:"
--Larry King

"It is a book for the 90s. You must read it!"
--Pat Riley, author of **The Winner Within** and former head coach of the New York Knicks

"**Even Eagles Need a Push** caused me to evaluate my life as well as my profession. It forces you to expand your horizons."
--Lou Holtz, Head Football Coach, University of Notre Dame

"With compelling clarity and courage, David McNally offers a hopeful prescription for those poised in the search for purpose."
--William W. Warrick, Senior Vice President and General Auditor, American Express Company

From the Publisher
Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action.

"This is a self-help book that helps! It works!" -- Larry King

From the Inside Flap
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