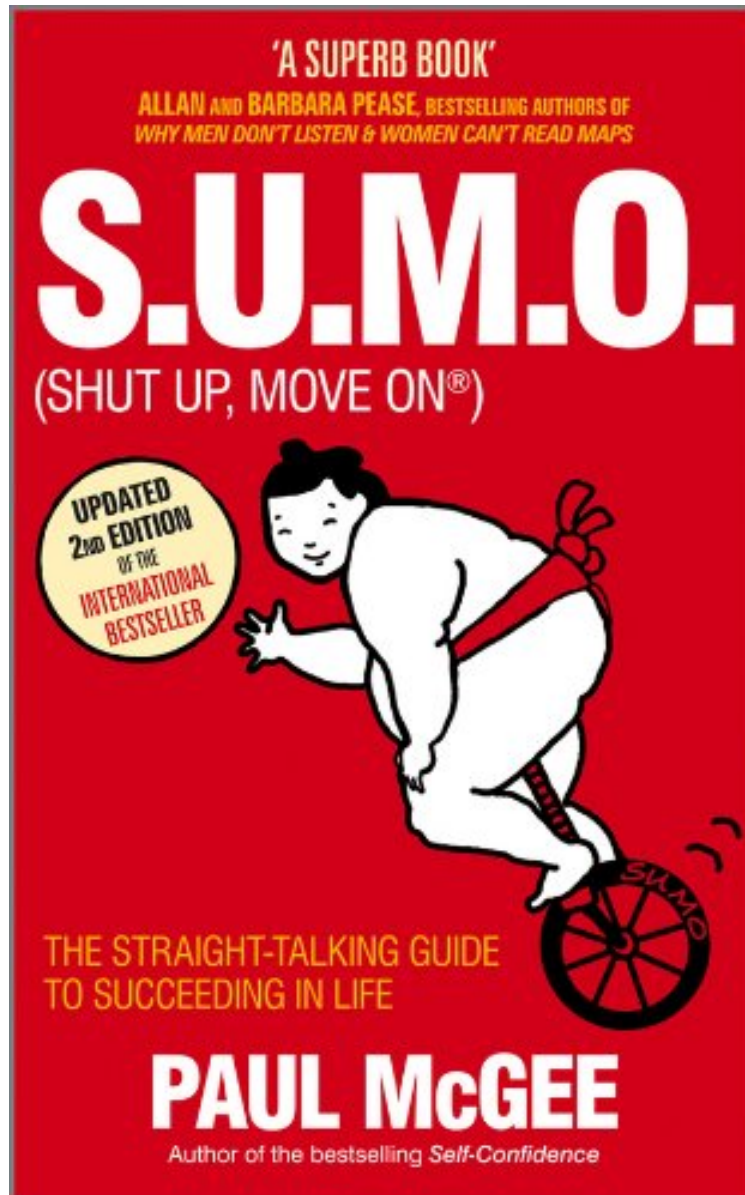


(Pdf free) S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life

## S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life

Paul McGee

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Paul McGee : S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life before purchasing it in order to gage whether or not it would be worth my time, and all praised S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life:

0 of 0 people found the following review helpful. As far as I am concerned, it's the most helpful I've readBy SunHello,

it's my first time to write a review. Be kind to me. :) Anyways, these are my PERSONAL THOUGHTS. :) I am a sucker for self-help books. Whenever I have a problem with dealing with my own life issues, I turn to books to find answers. Awaken the Giant Within by Anthony Robbins, The Road Less Traveled by M. Scott Peck, Think and Grow Rich by Napoleon Hill, and Rich Dad and Poor Dad by Robert Kiyosaki are some of the books that changed the way I look at life. However, honestly, after reading these books, I learned some things but I was just too hard headed to follow their advice. They're too complicated for me to follow. Then, I came across this book entitled Shut Up and Move On by Paul McGee who wants to help people enjoy the process of achieving and having better lives. When I read the title, I was like taken aback because it seemed to be talking to me at that very moment. I bought the book and read the whole of it in one sitting for four hours, hoping to find the answers to my question, "How can I turn my life around?" After I read, as far as I am concerned, I was empowered. The formula  $E+R=O$  struck me the most. I was like flabbergasted when I learned about this formula which I think can be applied in every situation I am in. For example, when I wake up in the morning, I would ask myself "What kind of day do I want to have today?". I want to have a calm and happy day despite the challenges every day-- hot weather, difficult clients, back-breaking house chores. This formula corners me to choose between being happy and being miserable. In addition to the  $E+R=O$  formula, McGee presents six principles which he believed could help in turning the negative events on their heads.

1. Change Your T-Shirt Instead of playing the victim of the situation, take the driver's seat in dealing with the situation. Blaming others for my bad experiences is very comforting for me. Thinking that other people are the ones responsible for my life struggles is doing more harm than good. It makes me procrastinate a lot and feel bad about myself. It's time to take off my "Victim" shirt and put on the SUMO shirt.
2. Develop Fruity Thinking The human brain is very powerful. It can make or break a life. Whatever we focus on, it becomes our reality. I also read this principle in Anthony Robbins' book. I realized it takes a lot of practice in order to redirect our thoughts from negativity to positivity, but it's worth a try.
3. Hippo Time is OK This principle is liberating. I am happy to know it's okay to be down in the dumps sometimes. I always thought I must be in a happy state in order to consider my life as a happy one. It's okay to be sad and disappointed. Just don't forget to bounce back.
4. Remember the Beachball I have a fear to exchange ideas with a person who has different opinions. I even feel bad about that person who opposes my ideas. This principle helps me to understand it's okay to have different opinions. The next time I have a discussion or argument with a person whose opinions are different from mine, I should remind myself that he or she is seeing something that I haven't seen in the course of our discussion.
5. Learn Latindash; change comes through action not intention. Overcome the tendency to put things off. Procrastination is my love but it has been taking its toll on me. I have wasted a lot of time doing nothing but check my social media accounts, watch TV, and stare in the nothingness. SUMO pushes me to just say "Shut Up P!" and move on by just starting to do things that are important to me.
6. Ditch Doris Daydash; create your own future rather than leave it to chance. Forget the attitude 'que sera, sera, whatever will be, will be.' All I can remember from this principle is to be proactive in my life. I must go out there and make things happen, not wait for others to do it for me. My success is in my hands. It's just a matter of making those hands start working.

The book was an easy read. The friendly tone made me imagine that Paul McGee and I were having a chat over coffee. Actually, this is the first book I read from the first page to the last on the day I bought it. All in all, I love the book. The idea of  $E+R=O$  sums up all the self-help books I read. The other principles opened my eyes to challenge my past beliefs about myself and my life. Now, it is high time for me to apply the SUMO principles in real life, the most difficult part of all.

2 of 2 people found the following review helpful. Excellent Assistance in Moving On with Your Life By Elizabeth Grace Other reviews have provided the bones and the core message of this book. I can attest that S.U.M.O is my new mantra to take responsibility and move on. Life is a series of tests and what we learn shapes our future. Just buy the book, do the practical exercises and improve your life.

0 of 0 people found the following review helpful. quick read, many good points By jrmarkey Quick read, challenged my perspective on my professional and personal life, too much book focus on "personal stuff". Go sumo!

This is the long awaited second-edition of Paul McGee's international bestselling personal development heavyweight S.U.M.O. Weighing in with humour, insight, practical tips and personal anecdotes, it's a thought provoking and possibly life-changing read. S.U.M.O. has helped tens of thousands of people fulfil their potential, seize opportunities, succeed at work and respond to adverse situations with a positive attitude. Now comprehensively expanded and even more interactive, the 2nd edition, will help S.U.M.O. fans and S.U.M.O. virgins get even more out of this popular, straight-talking guide. S.U.M.O. stands for Shut Up, Move On. It's a phrase to say to ourselves (and sometimes others) when we are acting or thinking in a way that is hindering our ability to succeed. It doesn't necessarily mean 'get over it' or 'pull yourself together' (although there may be occasions when both responses are necessary). 'Shut Up' means stop what you're doing, take time out to reflect, let go of baggage and beliefs that hinder your potential. 'Move On' means tomorrow can be different from today, look for new possibilities, don't just think about it, take action. There are six S.U.M.O. principles that are designed to help you create and enjoy a brilliant life. If you are wrestling with life's challenges, these principles will help you do so more successfully. A brand new principle:  $E+R=O$  Event + Response = Outcome. It's not just what happens to you but how you respond to

it that shapes your life ndash; you do have control. Change Your Tndash;Shirt ndash; take responsibility for your own life and don't be a victim. Develop Fruity Thinking ndash; change your thinking and change your results. Hippo Time is OK ndash; understand how setbacks affect you and how to recover from them. Remember the Beachball ndash; increase your understanding and awareness of other people's world. Learn Latin ndash; change comes through action not intention. Overcome the tendency to put things off. Ditch Doris Day ndash; create your own future rather than leave it to chance. Forget the attitude 'que sera, sera, whatever will be, will be.' 'A superb book' Allan and Barbara Pease, bestselling authors of Why Men Don't Listen Women Can't Read Maps 'The S.U.M.O. approach is powerful, simple and effective. Anyone who reads it is sure to look at themselves and the world differently as a result' Octavius black and Sebastian bailey, co-founders of The Mind Gym