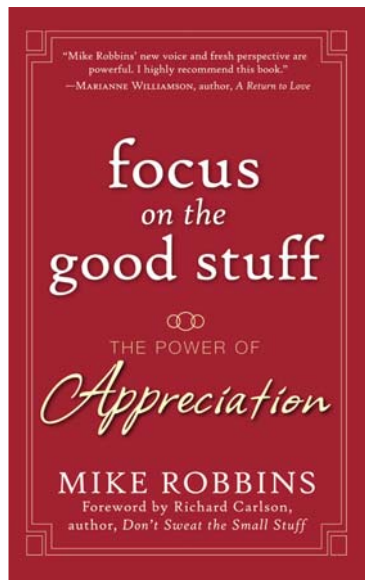


Focus *on the* Good Stuff

The Power of Appreciation

Mike Robbins



"Incredible ... My great honor to recommend with heartfelt enthusiasm. Should be required reading for everyone."

— **Richard Carlson, Ph.D.**, author of *Don't Sweat the Small Stuff*

"Mike Robbins brilliantly teaches us how to bring more appreciation and gratitude into our lives, our relationships, and our world. His new voice and fresh perspective are powerful. I highly recommend this book."

— **Marianne Williamson**, author of *A Return to Love*

FOCUS ON THE GOOD STUFF first explores the many challenges involved in expressing and experiencing appreciation and gratitude in our lives. The book then presents readers with simple yet effective ways to exercise the power of appreciation in everyday life. By taking this journey, you will:

- Experience the positive impact of appreciation on yourself and those around you
- Learn how to be grateful for your life—right now
- Gain insight into using your thoughts, feelings, and words to create circumstances and relationships that you appreciate
- Consider how to acknowledge other people from your heart
- Explore appreciating yourself in new and profound ways

This book is filled with action items, ideas, and suggested practices. It is easy to take what you learn in *Focus on the Good Stuff* and apply it to your life right away.

MIKE ROBBINS shows us that it is our ability to feel and express true appreciation—to focus on the good stuff—that leads us to genuine fulfillment in our lives, not the other way around. The art of appreciating our lives goes way beyond simply saying “thank you” or occasionally noticing nice things. True appreciation is about altering the way we relate to ourselves, others, and the world around us. By living our lives in a grateful way, we put ourselves on a path of deep fulfillment and authentic happiness.

978-0-7879-8879-1 | 0-7879-8879-0 | Cloth | 212 pp. | \$19.95

In bookstores August 31, 2007

JOSSEY-BASS™
An Imprint of WILEY
Now you know.

For more info or to purchase *Focus on the Good Stuff*, visit:
www.focusonthegoodstuff.com



The Five Principles of Appreciation

Principle #1 – Be Grateful

**Principle #2 – Choose Positive
Thoughts & Feelings**

Principle #3 – Use Positive Words

Principle #4 – Acknowledge Others

Principle #5 – Appreciate Yourself

More Praise for **FOCUS ON THE GOOD STUFF**

"Mike's book is a magnet for all the good stuff, and the power of appreciation shines brightly and powerfully on each page. You will be filled up and glowing from reading this book and practicing what's in it."

– **SARK**, artist and author of *Fabulous Friendship Festival*

"Appreciation, as Mike Robbins knows, is one of the most powerful forces in the universe. Focus on the Good Stuff is an important book that can dramatically enhance your life."

– **Jack Canfield**, author of *The Success Principles(TM)*

MIKE ROBBINS delivers motivational keynote addresses, personal development workshops, and coaching programs for individuals, groups, and organizations. As a highly sought-after speaker and coach, Mike works with Fortune 500 companies, government agencies, nonprofits, and individuals from all walks of life, empowering his clients to be successful, create extraordinary relationships, and appreciate themselves and those around them.

Prior to becoming a professional speaker, author, and coach, Mike played baseball at Stanford University and then played professionally with the Kansas City Royals. After his baseball career was cut short by injuries, he worked in advertising sales and business development for two Internet start-up companies.

Mike is a contributing author to *Chicken Soup for the Single Parent's Soul* and the author of the audio program *The Power of Appreciation*.

Mike lives with his wife, Michelle, and their daughter, Samantha, in the San Francisco Bay Area.



Contact Mike for more information about his keynotes, seminars, and other products:

1735 Glazier Drive, Concord, CA 94521 | P: 925.825.2319 | F: 925.825.1606
mike@mike-robbins.com | www.mike-robbins.com