

BOOK REVIEW – POSITIVE INTELLIGENCE – WHY ONLY 20% OF TEAMS AND INDIVIDUALS ACHIEVE THEIR TRUE POTENTIAL

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Did you know that the biggest factor keeping you from the happiness and success you desire is actually your own mind? According to Shirzad Chamine, we all have two sides to our brain. One works to help us survive; we inherited this from our ancestors where survival was all you could hope for. The other has access to your wisdom and insights and is fueled by different physical aspects of your brain. The former is the Saboteur, because when not engaged in keeping you alive, it acts to keep you from changing. The Sage is the smarter part of you that keeps you sane and gives you the power to surmount your Saboteurs. Unfortunately, for most of us, the Saboteur controls you with phrases like “You will be happy when...” The lies are that you aren’t happy now and that you will never achieve “when” because when you do, it will change. For those who have suffered through a midlife crisis or witnessed one, that is the Judge Saboteur controlling you.

Sounds like pop psychology, doesn’t it? But in fact, as you read deeper and understand the many studies that have been done proving the importance and usability of these concepts, the more it becomes essential that you find a way to grow the strength of your Sage, so you can live a happier more rewarding life. Begin by going to www.positiveintelligence.com, where you can take two free tests to see where you are today. The results will begin to show you how the Chief Saboteur, the Judge, rules a great part of our lives finding fault with ourselves and others and making us feel shame or guilt about not achieving more. It doesn’t have to be that way. This is why diets fail – the Judge telling you that “of course you cheated on your diet – you are lazy, greedy...”

As a coach, I have previously worked with the idea of a Saboteur, but had never read about the power of the Sage to help you overcome the messages that keep you stuck. When you experience anxiety, anger or any other negative emotion for more than a short time, the Saboteurs are sending you messages keeping you stuck in a negative place. But when you recognize them and simply choose to interpret the circumstances differently, using your Sage, you can be happy now by getting those voices out of your head. It doesn’t take therapy – it just takes noticing when you start to let one side of your brain overtake the other. Each time you do it, you build the muscles that help you withstand more difficult situations. Don’t worry – this side of your brain will always be there for true emergencies, but you want to give yourself the choice on how you feel.

If you are dealing with difficult situations right now and are experiencing negative emotions like anxiety, anger, depression and more, this book may quickly help you take control back and find a way to quickly

make sense of your situation and your life. You can be happier and more successful; this is one way to have it all.