

> OS BOOK CLUB: BY: CATHLEEN K. BODE

**New Book 'The Plan' Reveals Proven Method for Achieving Personal, Professional and Financial Success**

> It's official - money alone doesn't buy happiness. A global Gallup poll found that, while life satisfaction rises with personal income, positive feelings are more strongly associated with other factors like feeling respected, having autonomy and social support, and working at a fulfilling job. But, just how does one achieve these seemingly disparate goals and be genuinely happy? The answer is revealed in "The Plan" (paperback, \$14.95 U.S.) – a precision how-to manual detailing specific steps required to achieve personal balance, career success and financial strength.

Co-authored by international business life coach John M. McKee and esteemed business consultant Helen Latimer, The Plan shows readers how to employ the same time-tested techniques used for decades by many of the most successful individuals, celebrities, and business organizations around the globe.

"There is a rampant misconception that being 'successful' will also lead one to be

'satisfied,' said McKee. "While most can articulate what makes them feel successful, like their jobs, how much money they make or have, or the material possessions they own, it's rare when someone will boast about how joyful they feel about their job or the relationships in their life. Many will lament that, although they 'make a nice living,' they did not follow aspirations they had as a child or young adult, or that they dread getting 'back to the grind' on Mondays. This book changes all of that, helping readers achieve their heartfelt goals and experience true satisfaction in all facets of their life, irrespective of current circumstances."

In addition to enlightening anecdotes and well-honed insights based on both authors' personal and professional experiences, The Plan includes systematic worksheets, tools and exercises that help readers uncover and eliminate unproductive behaviors, and discern authentic feelings about their current life – the good, the bad and the ugly.

The Plan is available in select bookstores throughout the North America and the United Kingdom, or online at ThePlanSite.com, www.johnMMcKee.com www.Amazon.com, www.BarnesandNoble.com and www.Chapters.Indigo.ca.<

