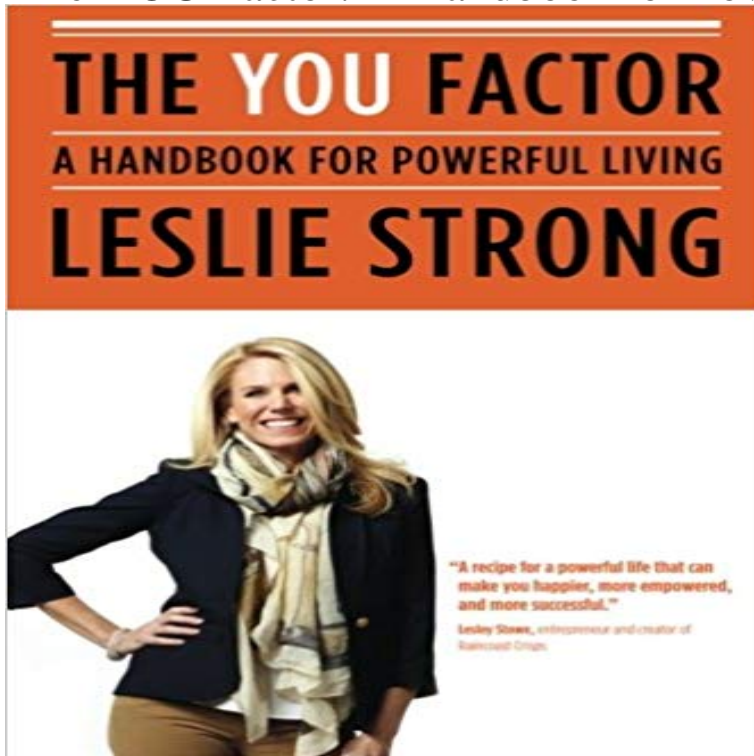


The YOU Factor: A Handbook for Powerful Living



Have you ever felt trapped in your life, at home or at work? You're stuck. You're probably complaining, blaming the world around you. Chances are you were saying the same things five years ago. If you don't change, you'll be saying the same thing five years from now. In her new book, Leslie Strong offers this blunt advice: It's not about them; it's about you. You have to take 100% responsibility for your life and how you react to what happens around you. When you do, you'll gain the power to create a life that will make you happier, more successful, and more fulfilled. Her book does for self-empowerment and motivation what *You: An Owner's Manual* did for our understanding of the physical body, *The YOU Factor* marries the tenets of Gretchen Rubins *The Happiness Project* with the practical business advice of Steven Covey's *The 7 Habits of Highly Effective People*. Not since *What Color Is Your Parachute* has a book offered such a wealth of good, practical advice for a workforce in transition. *The YOU Factor* breaks down the victim mentality and gives readers some much-needed handholding on the path to personal fulfillment. It appeals to a wide audience: For anyone who is stuck, dealing with a job loss, transition, or a personal or career crisis, Leslie Strong's *Power Tools* are as relevant for stay-at-home moms as they are for CEOs.

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