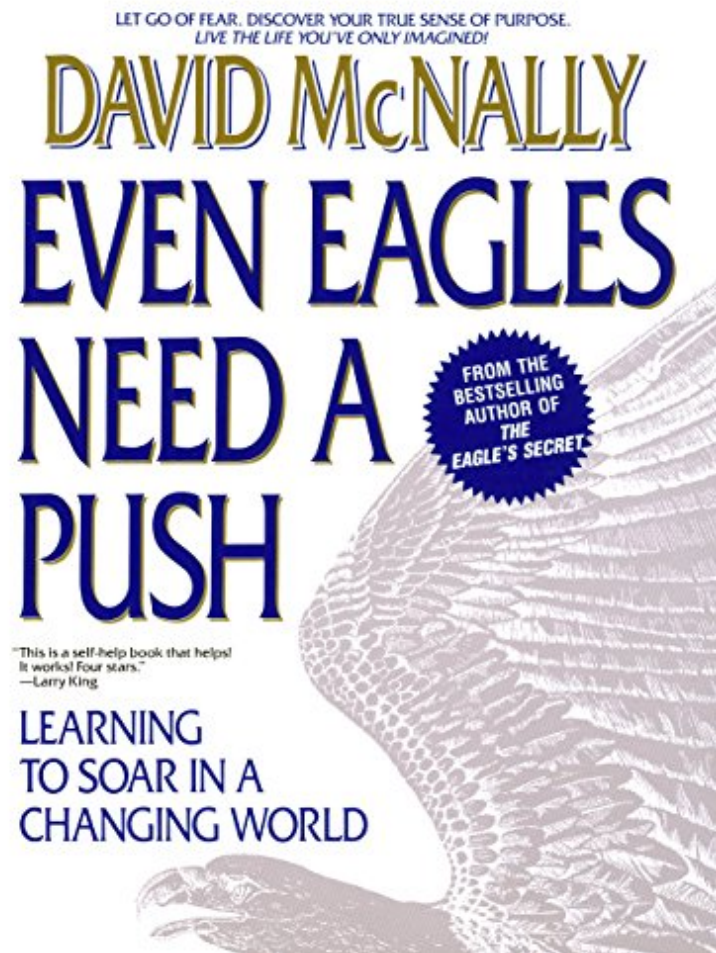


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Even Eagles Need a Push: Learning to Soar in a Changing World

David McNally

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0 of 0 people found the following review helpful. Solid Step by Step Self HelpBy jwinterscomThis is actually my second time reading McNally's book. The other time I was quite a bit younger and in need of some direction for starting off in a direction in life. Now that I'm in the midst of that direction, I felt called back to it the book. McNally's book is a good step-by-step "retreat" to aligning what is deep into your soul with what you're doing. It's not necessarily surprising within its genre, but it is a good solid example of the step by step visioning process for a better life.1 of 1 people found the following review helpful. Good for a 50 year old,but best for a 15 year oldBy A. V., BBQI wish I had read this book when I was 18. I read Even Eagles Need A Push just this year. I have been seeking an inspiration for my 25 year old son...something that will help him "launch" his life. I wish I had read this 10 years ago and given each

of of my boys a copy and then talked to them as we read through this well written, well referenced, interesting to read, practical, spiritual, challenging book. Fathers of young men will appreciate the reinforcement of moral and socially ethical guidance we hope our children learn from us, but moreover the explanation of how these are important to one's success in life. Even still, at age 53, it has inspired me to "spread my wings" and fly again. 0 of 0 people found the following review helpful. A book that allows me to participate in the logic ...By Eula Rogers A book that allows me to participate in the logic and perspective that it promotes. The exercises, while they appear simple, are thought provoking and assist in unearthing those thoughts that may have lingered in one's mind but may never have had a structure that the book provides. I expect that when I am finished with this book I may have some answers that I have been searching for, for a long time!

Discover your strengths, live your dreams! Let go of fear. Discover your true sense of purpose. Live the life you've only imagined! Why does the thrill of soaring begin with the fear of falling? How can you overcome that fear and dare to live? Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action. Be prepared to work! In this book, you write the ending. Read fascinating anecdotes, stories, personal revelations; practice the meditations, self-assessment exercises, affirmations, and keep track in your journal as you discover the power of your potential and begin to soar. Learn how to Choose your attitude and transform your life Practice positive affirmations to overcome self-doubt Radiate confidence as you discover the power of purpose Use language to help shape your thoughts Achieve what you truly want from life Maximize your creative potential. Find success with dignity. Deal with personal crises. Discover your answers in the book that will forever change the way you feel about your work, your dreams, and yourself, as it helps put your own personal powers to work.

"This is a self-help book that helps! It works! Four stars:"--Larry King "It is a book for the 90s. You must read it!"--Pat Riley, author of *The Winner Within* and former head coach of the New York Knicks "Even Eagles Need a Push caused me to evaluate my life as well as my profession. It forces you to expand your horizons."--Lou Holtz, Head Football Coach, University of Notre Dame "With compelling clarity and courage, David McNally offers a hopeful prescription for those poised in the search for purpose."--William W. Warrick, Senior Vice President and General Auditor, American Express Company From the Publisher Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action. "This is a self-help book that helps! It works!" -- Larry King From the Inside Flap Discover your strengths, "live your dreams! Let go of fear. Discover your true sense of purpose. Live the life you've only imagined! Why does the thrill of soaring begin with the fear of falling? How can you overcome that fear and dare to "live? Let David McNally lead you on an extraordinary journey of discovery that takes you from motivation to inspiration to action. Be prepared to work! In this book, "you write the ending. Read fascinating anecdotes, stories, personal revelations; practice the meditations, self-assessment exercises, affirmations, and keep track in your journal as you discover the power of your potential and begin to soar. Learn how to Choose your attitude and transform your life Practice positive affirmations to overcome self-doubt Radiate confidence as you discover the power of purpose Use language to help shape your thoughts Achieve what you truly want from life Maximize your creative potential. Find success with dignity. Deal with personal crises. Discover your answers in the book that will forever change the way you feel about your work, your dreams, and yourself, as it helps put your own personal powers to work.