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Matt Holt Books 1637744005

Fast Forward: 5 Power Principles to Create the Life You Want in Just One Year - Instruction Manual

By Wendy Leshgold and Lisa McCarthy

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INTRODUCTION

This manual provides guidance for engaging with "Fast Forward: 5 Power Principles to Create the Life You Want in Just One Year" by Wendy Leshgold and Lisa McCarthy. The book presents a system designed to help individuals achieve personal and professional success and happiness through psychological research and brain science-backed principles.

The content is structured to facilitate understanding and application of the five core principles, offering insights and actionable steps to transform your life within a year.

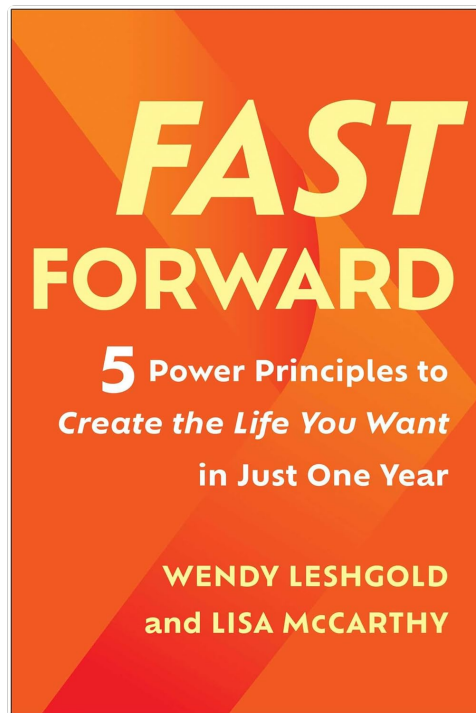


Image: Front cover of the book "Fast Forward: 5 Power Principles to Create the Life You Want in Just One Year". The cover features the title in large, bold text against an orange and yellow gradient background, with the authors' names at the bottom.

THE 5 POWER PRINCIPLES

The "Fast Forward" system is built upon five core principles designed to generate insights and action:

1. **Declare a Bold Vision:** Focus on creating a comprehensive vision for your entire life that inspires you to overcome limiting beliefs and pursue significant goals.
2. **Reframe Negative Stories:** Transform self-limiting narratives into empowering perspectives that drive you forward.
3. **Gain Control of Time and Energy:** Develop strategies to manage your time and energy effectively, ensuring consistent progress on important objectives.
4. **Use Language of Action:** Employ communication techniques that produce tangible results and enhance interpersonal relationships.
5. **Become a Conscious, Curious Listener:** Cultivate active listening skills to understand others deeply without immediately seeking to solve their problems.

GETTING STARTED

To begin your journey with "Fast Forward," consider the following steps:

- **Initial Read-Through:** Read the book from beginning to end to gain a foundational understanding of all five principles and their interconnectedness.
- **Identify Key Areas:** Reflect on which areas of your life (personal, professional, relationships) you wish to focus on first.
- **Prepare for Exercises:** The book includes exercises. Have a notebook or digital document ready to complete these as you progress. Active participation is crucial for applying the principles.
- **Set Aside Dedicated Time:** Allocate specific time slots for reading, reflection, and exercise completion to ensure consistent engagement.

APPLYING THE PRINCIPLES

Each chapter of "Fast Forward" delves into one of the five power principles. To effectively apply them:

1. **Engage with Each Principle Individually:** Focus on understanding and implementing one principle before moving to the next.
2. **Complete All Exercises:** The exercises are designed to translate theoretical knowledge into practical application. Do not skip them.
3. **Reflect and Journal:** Regularly reflect on your experiences and insights gained from applying the principles. Journaling can help solidify understanding and track progress.
4. **Seek Feedback (Optional):** If comfortable, discuss the principles and your progress with a trusted friend, mentor, or coach to gain external perspectives.
5. **Integrate into Daily Life:** Consciously look for opportunities to apply the principles in your daily interactions and decision-making processes.

SUSTAINING PROGRESS

Sustaining the positive changes initiated by "Fast Forward" requires ongoing commitment:

- **Regular Review:** Periodically revisit the book, especially chapters related to principles where you feel you need reinforcement.
- **Re-evaluate Your Bold Vision:** As you grow, your vision may evolve. Regularly assess and update your bold vision to ensure it remains aligned with your aspirations.
- **Practice Consistently:** The principles are skills that improve with practice. Continue to apply them consciously in various situations.
- **Share Your Learnings:** Teaching or discussing the principles with others can deepen your own understanding and commitment.

ADDRESSING CHALLENGES

Readers may encounter common challenges while applying the principles:

Challenge	Guidance
Feeling Overwhelmed: The scope of change might seem daunting.	Focus on one principle or one small action step at a time. Break down larger goals into manageable tasks. Revisit the "Gain Control of Time and Energy" principle.
Lack of Motivation: Difficulty in maintaining consistent effort.	Reconnect with your "Bold Vision" to reignite your purpose. Review your progress to acknowledge achievements. Consider discussing with a supportive peer.
Negative Self-Talk: Old patterns of thinking resurface.	Actively apply the "Reframe Negative Stories" principle. Identify the negative thought and consciously replace it with an empowering narrative.
Difficulty in Relationships: Challenges in applying communication principles.	Practice "Use Language of Action" and "Become a Conscious, Curious Listener" diligently. Start with low-stakes interactions and gradually apply to more challenging relationships.

SPECIFICATIONS

Title: Fast Forward: 5 Power Principles to Create the Life You Want in Just One Year

Authors: Wendy Leshgold, Lisa McCarthy

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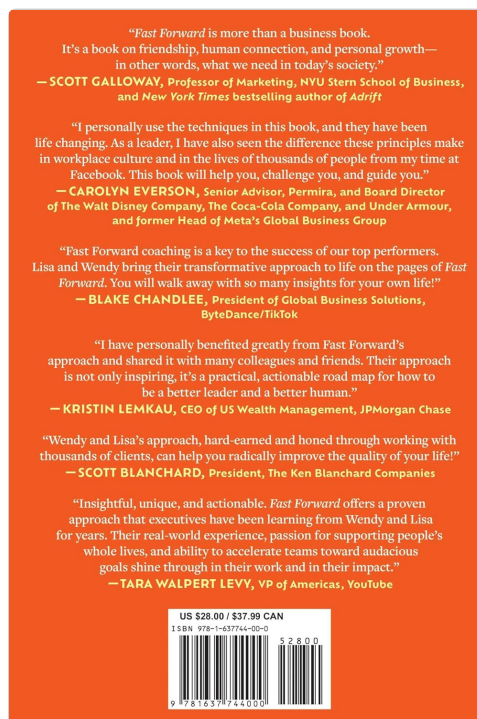


Image: Back cover of the "Fast Forward" book, displaying various endorsements from prominent figures and the ISBN-13 barcode.

WARRANTY AND SUPPORT

As this product is a book, standard warranties for electronic devices or physical goods do not apply. For inquiries regarding the book's content, publishing, or potential errors, please contact the publisher, Matt Holt Books, directly. Specific contact information may be available within the book's front matter or on the publisher's official website.

ABOUT THE AUTHORS

Wendy Leshgold

Wendy Leshgold has extensive experience in advertising, having led teams at agencies such as Ogilvy & Mather, BBDO, and Deutsch, working with major brands. Recognizing the pressures in corporate environments, she transitioned to executive coaching, earning certification from CTI. She is also an active

board member of California Environmental Voters, applying the Power Principles to advance their mission. She resides in Los Angeles.

Lisa McCarthy

Lisa McCarthy spent 25 years in prominent media companies like Univision, Viacom, and CBS, where she led sales organizations responsible for significant revenue. She is recognized as a people-first leader and change agent, having been named a Woman to Watch by Advertising Age and included in Crains New York Business 40 Under 40. Her experiences in demanding workplaces fueled her passion for helping others achieve personal happiness and professional success.

ENDORSEMENTS

The book has received positive feedback from various professionals:

"Fast Forward is more than a business book. It's a book on friendship, human connection, and personal growth—in other words, what we need in today's society."

— Scott Galloway, Professor of Marketing, NYU Stern School of Business

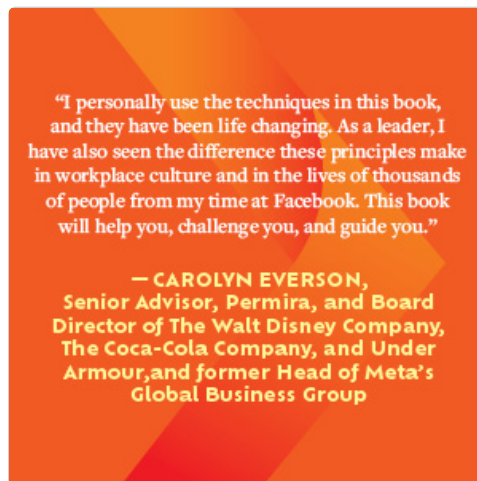


Image: A graphic displaying a quote from Scott Galloway endorsing the "Fast Forward" book.

"I personally use the techniques in this book, and they have been life changing. As a leader, I have also seen the difference these principles make in workplace culture and in the lives of thousands of people from my time at Facebook. This book will help you, challenge you and guide you."

— Carolyn Everson, Senior Advisor, Permira, and Board Member, The Walt Disney Company

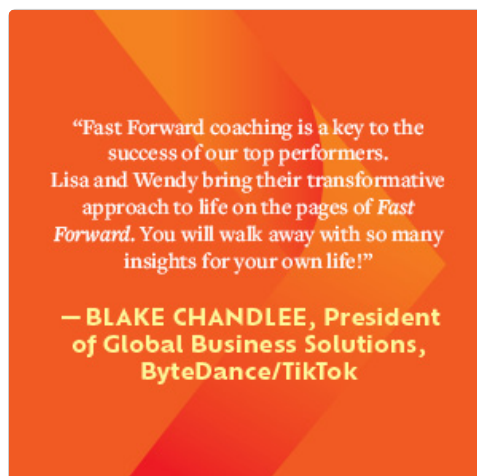


Image: A graphic displaying a quote from Carolyn Everson endorsing the "Fast Forward" book.

"Fast Forward coaching is a key to the success of our top performers. Lisa and Wendy bring their transformative approach to life on the pages of Fast Forward. You will walk away with so many insights for your own life!"

— Blake Chandlee, President of Global Business Solutions, ByteDance/TikTok



Image: A graphic displaying a quote from Blake Chandlee endorsing the "Fast Forward" book.

Additional endorsements from Kristin Lemkau, Scott Blanchard, Tara Walpert Levy, Rebecca Jarvis, and Mita Mallick are also included in the book's editorial reviews, highlighting its practical and transformative approach.

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