



SOCIETY OF ACTUARIES

**Health Spring Meeting
June 2009**

**Session # 1: MPD Continental Breakfast and Book
Review**

Moderator:
[Jeffrey M. Stock, FSA, MAAA](#)

Executive Book Reviews: Management and Personal Development Section Continental Breakfast

1. Unlimited Power

By Anthony Robbins

2. Are you ready to succeed? Unconventional strategies for achieving personal mastery in business and life

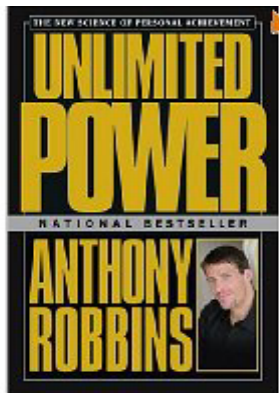
By Srikumar Rao

Jeffrey Stock

June 8th, 2009



Unlimited Power By Anthony Robbins



IT'S ABOUT POWER OVER YOURSELF!

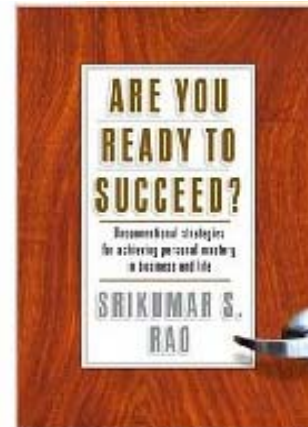
Yes, you can do, have, achieve, and create anything you want out of life. Anthony Robbins has proved it. Robbins, the undisputed master of the magic of mind power, shows you in this audio program how to harness yours. He demonstrates -- passionately and eloquently -- that whatever you think will be, that your state of mind determines what you can and can't do, and that all successful results can be modeled and duplicated. His enthusiasm is contagious as he shows you how to:

- * Reprogram your mind in minutes to eliminate fears and phobias
- * Fuel your body with spectacular health and energy
- * Dramatically improve your interpersonal relationships
 - * Become a persuasive communicator and create instant rapport with anyone you meet
 - * Use the success of others to remodel yourself
 - * Discover the five keys to wealth and happiness
 - * Master the ultimate success formula

Robbins calls *Unlimited Power* the new science of personal achievement. You'll call it the best thing that ever happened to you. (Simon and Schuster)

ARE YOU READY TO SUCCEED? BY SRIKUMAR RAO

Unconventional strategies for achieving personal mastery in business and life



Using his own unconventional methods, including exercises and lessons adapted from many traditions, he explains how to:

- * Work out who you are, and where you are going
- * Find out how you really view the world
- * Discover the joy of effortless action
 - * Sharpen your ability to focus
- * Discover true freedom and happiness

Are You Ready to Succeed? is in a different league altogether from most business books already on offer. If you too would like to be in another league, this fresh, accessible and groundbreaking guide to a meaningful and successful life is the one for you. (Random House)

Book Choices That Complement The Two Presented

NLP: The New Technology of Achievement by [NLP Comprehensive](#)

The Best Kept Secrets of Great Communicators: Nice Secret Weapons to Shine Socially, Uncover Opportunities, and Be Perceived as Smarter, Sharper, and Savvier by [Peter Thomson](#)

Little Green Book of Getting Your Way: How to Speak, Write, Present, Persuade, Influence, and Sell Your Point of View to Others by [Jeffrey Gitomer](#)