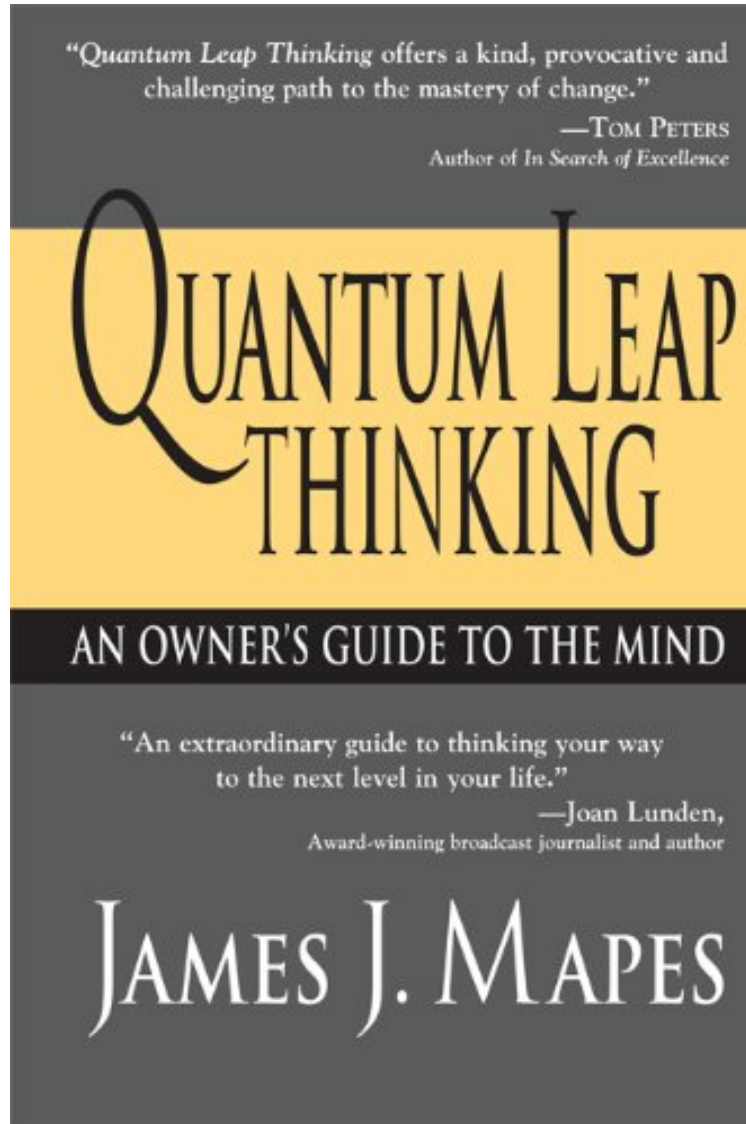


(Library ebook) Quantum Leap Thinking: An Owner's Guide to the Mind

Quantum Leap Thinking: An Owner's Guide to the Mind

James J Mapes

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From Publishers Weekly
Mapes, a motivational speaker who specializes in creativity and innovation, offers a program designed to radically alter people's lives by teaching how to take risks, think more creatively and learn more effectively. The author defines quantum leap thinking (QLT) as "a collection of ideas, concepts, distinctions and skills that, when combined like active chemicals, naturally explode in their own way, catapulting you to a higher level, a level of increased energy, excitement, and options." Most of the book is devoted to an analysis of the 14 principles of quantum leap thinking. Among these tenets are to enlarge goals, be flexible, be committed, love, have fun, turn fear into power, etc. These concepts aren't revolutionary, but when used effectively together, according to Mapes, they will help people dramatically change their lives. The book is most effective when Mapes offers up some of his own experiences or provides specific actions. When discussing dreams, the author tells readers to think about family and relationships, career, spirituality, personal improvement, etc. However, Mapes's references to such QLT Theorems as "Imagery is the language of the subconscious" are less practical and detracts from the otherwise useful advice found here. Copyright 2003 Reed Business Information, Inc.
From Library Journal
Fear is defined here as "false learning appearing real." Well, sometimes fear is a darn good warning signal. The author once walked on a bed of hot coals to help himself master fear, but listeners aren't expected to follow suit. Mapes presents many suggestions for self-improvement. He recommends visualizing one's goals until they become deep, powerful, subconscious guides. He also points out the benefits of identifying one's core values and then making definite plans that mirror those values. Mapes also has many other ideas and provides list after list of positive actions, sometimes with little explanation. All in all, however, this work is above average as a self-help guide, and those interested may find it relevant to their personal and work lives. For self-help collections.?
Mark Guyer, Stark Cty. Dist. Lib., Canton, Ohio
Copyright 1996 Reed Business Information, Inc. "Mapes insists that there is no such thing as 'impossible.' After I finished the book, I believed him." -- Lou Holtz
"Quantum Leap Thinking offers a kind, provocative and challenging path to the mastery of change." -- mdash; Tom Peters, author of In Search of Excellence