



The Daily Six: Simple Steps to Prosperity and Purpose

By John Chappellear

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USA Book News - Best Book Award Winner -

Time-tested life-changing strategies to show how anyone can be financially and professionally successful-without becoming spiritually bankrupt.

For years, John Chappellear's personal mantra was "Everything! All the Time! Right Now!" A success by almost every standard, Chappellear had created a multimillion-dollar business from scratch, owned luxury homes and cars, and enjoyed all the benefits that lots of cash can buy. This all-consuming quest for more, however, ultimately led to a divorce and estrangement from his children. Then, in a bitter twist of fate, he lost the business that he had worked so relentlessly to build.

Today, as a self-described recovering Big Shot, Chappellear has committed himself to the pursuit of "success with significance." In changing the priorities of his own life, he developed and codified "The Daily Six"-six practices and truths that provide a bridge between career success and personal well-being, and which have become the cornerstone of his corporate and personal consulting work.

Changing the focus of one's life begins with "willingness," germinates in "quiet time," and flourishes through "service to others." The journey to a well-balanced life is enlightened by "love and forgiveness" and is enabled by "gratitude," but can only be fulfilled through "action." When observed daily, these practices result in both career achievement and personal contentment.

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The Daily Six: Simple Steps to Prosperity and Purpose By John Chappellear Bibliography

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Editorial Review

Amazon.com Review

More books about spiritual renewal have hit the shelves of business and management literature in recent years, as a generation of kinder, gentler leaders comes of age. Compared to earlier practitioners of the proverbial stiff upper lip, this new group of leaders grapples more openly with issues of burnout and emotions generally, and finds solace in books such as *Resonant Leadership* and *The One Minute Manager Balances Work and Life*. Following in this tradition comes *The Daily Six*, which offers its own recipe for business leaders seeking to preserve their mental health amid stressful environments.

Author John Chappelear writes from personal experience. A classically driven, Type A personality, he opens his book by telling readers about his own entrepreneurial adventures, first in building a 50-person company, then his subsequent fall from the grace of a "multi-million dollar business, a beautiful home on the Potomac River, luxury cars, and more." Chappelear lost his way, he explains, due to a lack of perspective on his own situation, which in turn rearranged his values and left him making poor, ill-considered decisions. Without the ability to balance prosperity with purpose, he quickly felt the strain of a difficult and unsustainable life, not to mention business situation.

Fortunately for readers, from the crucible of his experience, Chappelear has forged recommendations on how they can avoid fates similar to his. They come in the form of 6 values, or strategies, which he counsels business leaders to practice on a daily basis. The values are: willingness, quiet time for reflection or meditation, love and forgiveness, service to others, gratitude, and action.

How individuals will practice the book's "Daily Six" recommendations may differ. What Chappelear offers is commentary on why they should adopt these six values or practices over others. Not every reader will enjoy the emotionally open, psychologically candid nature of this book. However, those who want a tonic from the everyday humdrum of business, and who want practical suggestions on how they can turn toxic situations into tolerable ones, could do worse than to consult Chappelear's manual for self-improvement. The small steps it recommends can lead to big changes. --*Peter Han*

From Publishers Weekly

Like other multimillionaires who have come before, the author, the former head of a very successful company, discovered that money doesn't buy happiness. And like others, he reduces his hard-earned wisdom to simple bromides to help others. After he was a no-show for his own 1982 wedding anniversary party, his wife divorced him and he was separated from their daughters. He remarried happily and had a son, but in 1991 lost his overextended financial empire within 48 hours. This wake-up call motivated Chappelear, now an executive coach, to develop a six-point plan to bridge the chasm between fulfillment at work and at home. This warmly presented but less than novel program includes setting aside a daily quiet time, practicing forgiveness and acting to benefit others. Clearly directed at people who want to see their career flourish, the book offers advice on deepening relationships with co-workers and intimates. In a chapter on service, he suggests, for example, that holding the door for a stranger is a small step that can lead to volunteering for a prison mentoring program, an activity Chappelear considers a rewarding addition to his own life.

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Review

I just devoured your book "The Daily Six" and am writing to thank you for producing a simple but powerful

process for balancing prosperity and purpose. Thanks John Chappellear for writing The Daily Six! We all need strategies for refilling our spiritual, mental and emotional tanks. Your book provides six simple, yet powerful, principles and practices that serve as daily mission fuel for our personal journeys. Shawn Dove Vice President, New York MENTOR/National Mentoring Partnership --Personal Note to Author

I have to tell you I picked up your book by accident when my 5 year old daughter and I were at Barnes and Noble. She was with me in the business section as I searched for new books. As she picked out books to look at she handed one to me saying this one looks like a good book mommy (she doesn't read, by the way!). I looked at the cover and immediately was taken by the title - so I bought the book. And, I am so glad I did! What great wisdom and insight you have shared and I am grateful that I chose your book that day! I will not only apply the Daily 6 to my life but I will share it with clients, family and friends! My best, Erin Mecseji Coach --Personal Note to Author

The search for meaning REVIEWS BY ALISON HOOD Guides to finding your place in the world January's advent often inspires resolutions for self-improvement, many of which we forget or transgress by month's end. Still, we tend to agree with writer George Sand, who opined that "One is happy by the results of one's own efforts." So, for those optimistic enough to make the effort, we offer previews of six new books devoted to realizing the good life. Finding a balance In 1991, John Chappellear's life fell apart. Within days, he went from being CEO of a multimillion dollar company to financial and emotional ruin. This catastrophic fall, which he dubbed "my gift of desperation," woke him mightily. Now a successful life coach, Chappellear discovered that meaning in life comes not from achievements or wealth, but from "something that is slowly entwined into life through your daily experiences, personal beliefs, and the way you interact with those around you." Enter The Daily Six: Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose, a commonsense bible based on short, powerful maxims. This is Chappellear's road map to well-being, his contribution to bettering private and business lives, inspired by mentors who helped him back to wholeness. Dedicated to fostering "success with significance," his six-point plan emphasizes the daily practices of willingness, contemplation, love and forgiveness, service, gratitude and action. Chappellear's approach to change is gentle, almost humble; he uses heartening case studies of others who have met and managed change, but he uses his own life as the primary lesson. This self-proclaimed recovering big shot realizes that "My life quest is no longer 'what can I get?' but 'what can I give?'" The Daily Six: Six Simple Steps to Find the Perfect Balance of Prosperity and Purpose By John Chappellear --Book Page Book Reviews - Non-Fiction

Users Review

From reader reviews:

Michael Hill:

Do you have favorite book? If you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each guide has different aim as well as goal; it means that book has different type. Some people feel enjoy to spend their time and energy to read a book. They are reading whatever they take because their hobby is reading a book. Think about the person who don't like reading through a book? Sometime, individual feel need book if they found difficult problem or even exercise. Well, probably you will need this The Daily Six: Simple Steps to Prosperity and Purpose.

Leonard White:

In this 21st one hundred year, people become competitive in most way. By being competitive right now, people have to do something to make them survive, being in the middle of the actual crowded place and notice by surrounding. One thing that often many people have underestimated the item for a while is reading. Yes, by reading a e-book your ability to survive increase then having chance to stand than other is high. For you personally who want to start reading the book, we give you this specific The Daily Six: Simple Steps to Prosperity and Purpose book as beginning and daily reading reserve. Why, because this book is greater than just a book.

David Sayre:

The Daily Six: Simple Steps to Prosperity and Purpose can be one of your starter books that are good idea. Most of us recommend that straight away because this book has good vocabulary that will increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort that will put every word into joy arrangement in writing The Daily Six: Simple Steps to Prosperity and Purpose although doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial imagining.

Juli Gadberry:

As a college student exactly feel bored to help reading. If their teacher asked them to go to the library or to make summary for some book, they are complained. Just small students that has reading's heart and soul or real their passion. They just do what the instructor want, like asked to the library. They go to generally there but nothing reading seriously. Any students feel that reading is not important, boring and can't see colorful pictures on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. So , this The Daily Six: Simple Steps to Prosperity and Purpose can make you really feel more interested to read.

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