



Peaks and Valleys: Making Good And Bad Times Work For You--At Work And In Life

Spencer Johnson

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Peaks and Valleys: Making Good And Bad Times Work For You--At Work And In Life Details

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Sara Kamjou says

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Hussein Dehghani says

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Abdullah Bustami says

As usual, the author had to implement a tale to deliver some important points in an easy and clear fashion. Normally, I would give a 5-stars rate only when I feel I learned something valuable and helpful, which I did in this case. But what I didn't like is that reading this book was like reading " The Present " for the same author, both books shard almost the same tale with almost the same circumstances! I kind of felt sad because I wanted to read something new and genuine, especially when you aim for someone like Spencer Johnson, you would expect a great content, but not just a replica of some other books! But to put all of that aside, I think I learned some new things, I really like how the author delivers his words and points, clear and straightforward. I had some fun while reading the book, besides it's only like 100 pages so it won't be taking much of your time.

Patti J says

Good, quick read. It was enjoyable to listen to the audio book.

Summer says

what an amazing book...in the beginning i thought it was a fiction and it doesn't speak reality.
but now, after i finished, i know how to use my moments very well...especially i am a very moody person.

Nick says

There were some good thoughts in this book. It should be a quick read, but I found that it made my mind wander and I fell asleep nearly every time I picked it up...including the middle of the day.

Bill says

Peaks and Valleys is a wonderful book. A very quick read - I read it over one of my lunch hours. I have always liked Who Moved My Cheese and repeatedly had brought that book out to re-read when I am feeling a little stuck. Peaks and Valleys encourages me to look at things differently - I may get stuck in a valley occasionally, but it all depends on how I look at it. What maybe a valley, could actually be a peak - it's all in my focus. I encourage everyone to read it and can't wait to start sharing it with my family.

Ahmad Sharabiani says

Peaks and valleys: making good and bad work for you - at work and in life, Spencer Johnson

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Rana70s says

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Alex says

Short story but had some real golden nuggets in here, as do all his books. Can't recommend this author enough. There's a reason why he's the number one best selling author on Amazon of all time.

Abdullah Almuslem says

I felt like a child when I read this book. The author talks to you as you are lost or you dont know what to do and he keeps repeating the same stuff again and again. The book was boring and very short and did not add anything to my knowledge except for things I knew before but It just reminded me of it. It is a book for someone who had not much experience in life and dont know how to deal with problems. Most of the information included in the book are common sense and you dont need to know it at all. That's just my opinion.

Kishore Kumar says

A beautiful book spreading the philosophy of life during bad and good times. How one should look at his/her own life when they are in trouble, when they are having a difficult time and also when they are in peaceful state of mind. Theories of how to maintain the peaceful state of mind for long time and so on. Overall I would recommend this book to everyone. The time invested in reading this small book will be very useful. Go ahead and pick up your copy.

Sepideh says

Why isn't there an option of Zero star?

Well Self-Guide books aren't really my type. but this book was boring & the story couldn't get any more monotonous. it was supposed to encourage you & empower you through your ups & downs in life (so the

idea wasn't actually bad), but instead it seemed like a childish story.

Jason Koivu says

Talk about your peaks and valleys, this book is filled with them!

Self-help books are usually not my thing...and neither was *Peaks and Valleys: Making Good and Bad Times Work For You - At Work and In Life blah blah blah, get a longer title why don't you?!*. I gave it an extra star because it's not embarrassingly horrible or too preachy, plus there is a redeeming quality to it. It strives and mostly succeeds in making you feel like you just received a promotion with a fat raise and your mom is giving you a big lovey hug...and your mom is a huge fuzzy bunny.

But as is the case with most self-help books I've read, they tend to offer only common sense ideas and wrap them up in a bullshitty philosophy, perhaps to make it all sound more complex than it is or to imbue the author with a guru-esque importance. I'm not saying I know it all or have my shit together completely, but I think this sort of stuff is targeted more towards the depressed, the down and out, and/or those with their heads up their asses.

MsSmartiePants ...like the candy... says

A new book which took author Spencer Johnson over 20 years to write, just like his previous bestseller, Who Moved My Cheese.

This is another parable which happens to speak to our current economic state, as well as life in general. It was not a plan to release this book during this time of upheaval in America, it just turned out that way.

I've come to believe that everyone is going through something major just about everyday of their life. Certainly with what's happening in our culture, economy and government, this is true. That's why I believe this book will be helpful to read.

Like *Who Moved My Cheese?*, Dr. Johnson developed a short simple story to illustrate the common blocks to moving forward in life. These blocks can be event driven, or they can be triggered by changes in relationships or employment. There are many reasons to feel stuck and maybe even a little bitter. However, we all know that we do not want to stay there! How to get on with it? That's the question.

I was reminded of two pieces of wisdom by this story. One is that Reality is my friend. Discern reality and accept it. The other piece is that there is wisdom to be learned in looking for what's true in a situation. Knowing the truth helps with acceptance.

Feeling stuck in my personal life, I was able to separate from the mire and remember that when I'm stuck, I am usually too self-absorbed. The way out is to look for ways to serve others. In Mary Kay, we say "get out of yourself and into others"...it's good to be validated on this again.
