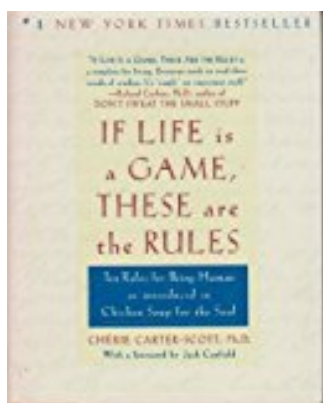


# [PDF] If Life Is A Game These Are The Rules

Cherie Carter Scott - pdf download free book

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## Books Details:

Title: If Life Is a Game These Are t  
Author: Cherie Carter Scott  
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## Description:

If you loved "The Rules for Being Human" attributed to "Anonymous" in the bestseller *Chicken Soup for the Soul*, you're in luck. The author--corporate trainer Ch rie Carter-Scott, Ph.D.--has stepped forward and written a follow-up book: *If Life Is a Game, These Are the Rules*. This book, "a basic spiritual primer for what it means to be a human," discusses each of the 10 rules (e.g., "There are no mistakes, only lessons," and "Lessons are repeated until learned,") and discusses them with kindness, eloquence, and wisdom. For example, rule 1 is, "You will receive a body. You may love it or hate it, but it will be yours for the duration of your life on Earth." Carter-Scott discusses the challenge of making peace with the body we've been given, and the lessons of acceptance

(appreciating it as it is), self-esteem (viewing yourself as worthy, despite how your body looks or performs), respect (treating it like a "valuable and irreplaceable object"), and pleasure (indulging in the five senses to "unlock the joy stored within you"). Similarly, each of the rules has four "lessons." You'll read this inspirational book more than once, and mark quotes to tell friends. --*Joan Price* --This text refers to an alternate edition.

**From Publishers Weekly** Drawing the listener in with her heartfelt, uplifting voice and undeviating purpose ("to facilitate your personal journey of success"), motivational speaker, consultant and author of seven books (including *If Life Is a Game, These Are the Rules*) Carter-Scott systematically outlines her 10 rules for a fulfilling life. Taken at face value, the "rules"--"Wanting success is the first step towards obtaining it," "Self-trust is essential" and "Goals are stepping stones on path"--seem little more than clichéd self-help mantras that belie the book's real substance and author's down-to-earth tone. The highly organized format contains individualized exercises in each chapter, helping readers pinpoint their personal definition of success; articulate their purpose, path, vision and mission; organize a support team; and assess opportunities and maximize resources. Strategies are offered to avoid common pitfalls and hidden barriers to success such as self-sabotage, as well as a how-to on setting S.M.A.R.T. goals (specific, measurable, attainable realistic and time-based). Hand-picked proverbs, inspirational quotes, a heavy reliance on personal experience and three decades' worth of her clients' anecdotal evidence perfectly suit the spoken format. Based on the Broadway hardcover (Forecasts, Oct. 9, 2000).

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