



# **Your Personal Pep Talk: 13 Principles for Winning in Your Personal and Professional Life (Two-Disc Audio CD Program)**

*Dr. Kevin Elko*

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# Your Personal Pep Talk: 13 Principles for Winning in Your Personal and Professional Life (Two-Disc Audio CD Program)

*Dr. Kevin Elko*

## **Your Personal Pep Talk: 13 Principles for Winning in Your Personal and Professional Life (Two-Disc Audio CD Program) Dr. Kevin Elko**

Your Personal Pep Talk: 13 Principles for Winning in Your Personal and Professional Life This CD Program is based on the principles from the book, The Pep Talk, by Dr. Kevin Elko and Robert Shook. It covers in great detail the 12 principles from the book plus an additional principle that Dr. Elko had added for this program. The principles teach an approach to life. It's an approach that teaches you how to be successful, how to be a winner and how to be happy and feel good about who you are. We recommend that you use this program as a training guide to prepare yourself for things you will encounter in your life. Read each principle and think about how you can apply it to situations and opportunities that arise in your daily life. Here are the 13 principles covered in this CD Program: 1) Don't let thoughts about the past poison your future. 2) Seize the moment. 3) Nobody succeeds without the help of others. 4) Stay focused...the results will come. 5) Visualize your success. 6) Don't let setbacks defeat you...adversity is part of life. 7) Be persistent. Never, never give up. 8) Expect the competition to be strong. 9) Believe in others and others will believe in you. 10) Be a team player. 11) Believe in and trust the process. 12) Believe you will succeed. 13) Each of us needs all of us. Visit Dr. Elko's website at [www.DrElko.com](http://www.DrElko.com)

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