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S.U.M.O (Shut Up, Move On): The Straight-Talking Guide to Succeeding in Life

Paul McGee

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Celebrating 10 Years of Shut Up, Move On!

Paul McGee's international bestselling personal development heavyweight *S.U.M.O.* has helped hundreds of thousands of people around the world fulfil their potential, seize opportunities, succeed at work, and respond to adverse situations with a positive attitude. Weighing in with humour, insight, practical tips, and personal anecdotes, it's a thought provoking—and possibly life-changing—read. Now newly updated to celebrate 10 years since its first publication and including up-to-date case studies and examples, as well brand new exercises to test yourself, *S.U.M.O: 10th Anniversary Edition* will help SUMO fans, as well as SUMO amateurs, get more out of this bestselling, self-help classic.

There are six S.U.M.O. principles that are designed to help you create and enjoy a brilliant life:

- Change Your T-Shirt— take responsibility for your own life and don't be a victim.
- Develop Fruity Thinking— change your thinking and change your results.
- Hippo Time is OK— understand how setbacks affect you and how to recover from them.
- Remember the Beachball— increase your understanding and awareness of other people's world.
- Learn Latin— change comes through action not intention.
- Overcome the tendency to put things off.
- Ditch Doris Day— create your own future rather than leave it to chance. Forget the attitude ‘que sera, sera, whatever will be, will be.'

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