

## **Stick It!**

*A Guide to Making Great Choices  
and Sticking With Them to Find Success and Greatness*

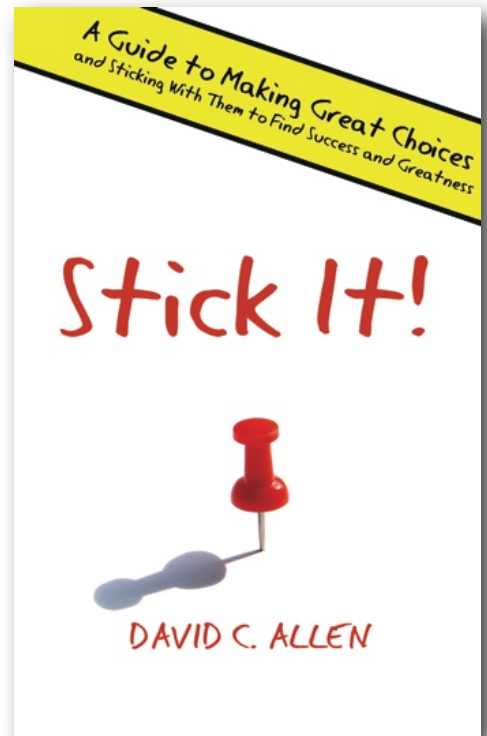
*By David C. Allen*

The Secret. The 7 Steps. The cult of Self-Help is ever-expanding around the world. But if you don't change your habits and your attitude, it doesn't matter what secrets you read in some book! Stick It! is not about debunking those self-help strategies. It's about showing the reader how to make them stick.

From Allen's hilarious story about running neck-and-neck with Carl Lewis... until the race begins, to his no-nonsense breakdown of where *all* of the self-help books out there say the same things in different ways, this is a book that will entertain & train.

## About the Author

(Canton, Georgia) David C. Allen, M.S. is a Keynote Speaker, Author, and Executive Coach as well as a successful entrepreneur of 20 plus years. David was a coach and trainer at Auburn University, Baylor University, and Georgia Tech, and applies his field manner to his executive coaching and business development practice.



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