



Book Review

Woodward, O. (2011). *Resolved: 13 Resolutions for Life*. Grand Blanc, MI : Obstacles Press Inc., Paperback, \$18.99. 333 pages.

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The book precludes with three young colonial Americans – George Washington, Benjamin Franklin, and Jonathan Edwards who symbolized character, tact, and humility respectively, and who resolved to build lives of virtue through the study and application of daily resolutions. They achieved lasting greatness then, not as floating buoys, but by swimming against the current. Orrin shares a list of 13 Resolutions, of which, the first 4 falls in the bracket of Private Achievements, the following four (from 5-8) falls in the bracket of Public Achievements, and the rest (from 9-13) falls in the bracket of Leadership Achievements.

1. Resolved: I resolve to discover my God-given purpose. I know that when my potential, passions, and profits intersect, my purpose is revealed.
2. Resolved: I resolve to choose character over reputation anytime they conflict. I know that my character is who I am and my reputation is only what others say that I am.
3. Resolved: I resolve to have an attitude of gratitude. I know that by listening to my Positive Voice and turning down my Negative Voice that I will own a positive attitude.
4. Resolved: I resolve to align my conscious (ant) with my subconscious (elephant) mind towards my vision. I know that ending the civil war between them is crucial for all achievement.
5. Resolved: I resolve to develop and implement a game plan in each area of my life. I know that planning and doing are essential parts of the success process.
6. Resolved: I resolve to keep score in the game of life. I know that the scoreboard forces me to check and confront the results, making the needed adjustments in order to win.
7. Resolved: I resolve to develop the art and science of friendship. I know that everyone needs a true friend to lighten the load when life gets heavy.
8. Resolved: I resolve to develop financial intelligence. I know that my wealth is compounded when incomes are higher than expenses over time.
9. Resolved: I resolve to develop the art and science of leadership. I know that everything rises and falls based upon the leadership culture created within my community.
10. Resolved: I resolve to develop the art and science of conflict resolution. I know that relationship bombs and unresolved conflict destroy a community's unity and growth.
11. Resolved: I resolve to develop systems thinking. I know that by viewing life as interconnected patterns rather than isolated events I improve my leverage.

12. Resolved: I resolve to develop Adversity Quotient. I know that AQ leads to perseverance in overcoming obstacles and setbacks.
13. Resolved: I resolve to leave a legacy by fulfilling my purpose and vision through living the 13 Resolutions. I know that by reversing the current of decline, I provide an example for the next-generation of leaders.

The book contains 333 pages, and is divided into 13 chapters. Orrin customizes Jim Collins' Hedgehog Concept as Purpose Hedgehog, which is the intersection of a person's Passion (one's motivation) with his Potential (one's God-given talents) and his Profits (one's economic engine). He reveals that the greatest treasures on earth can be found in the numerous cemeteries across the world. For within these cemeteries lay the buried potentials of the multitude who played it safe throughout life. He declares that playing it safe only ensures that a person never reaches his potential, thus never fulfilling his purpose. He reminds that everyone can become great in nearly any field, but he cannot become great in all fields.

Orrin draws statistical information from the author, Vince Poscente from his book, *The Ant and The Elephant*: the difference between the conscious and subconscious mind, teaching that the conscious (ant) mind in one second of thinking stimulates 2,000 neurons, while the subconscious (elephant) mind in a second of imagining stimulates four billion neurons. That's 4,000,000,000 neurons to 2000 neurons; literally two million times more neurons are stimulated in the subconscious than the conscious mind in a second of mental activity.

Orrin explains Adversity Quotient (AQ) which is a combination of mental and emotional intelligences, used for one to have the ability to endure through the challenges of life. He outlines the formula for Adversity Quotient as: $AQ = IQ \text{ (Intelligence Quotient)} \times EQ \text{ (Emotional Quotient)} \times WQ \text{ (Will Quotient)}$. He says that some may be surprised to find that intelligence comes in many forms. But one must realize that AQ is only developed by one who can join all three together as in the mind, heart and will.

Orrin reveals the research study wherein top achievers invest 10,000 hours to acquire mastery in any field. He explains that it takes a minimum of 10,000 hours of study, practice time, actions, improvements, and adjustments to develop the skills, making success look and feel natural. This dedicated work-ethic explains why the "haves" separate themselves from the "have-nots" in life.

Orrin explains *The Butterfly Effect*, a part of the Chaos Theory wherein subtle adjustments in initial conditions which can create profound differences in results. He identifies eight principles for true and lasting friendship, and he delivers a punch about friendship, "True friends give the most when they receive the least." Here is a list of leadership takeaways from him:

- No one can choose the day he was born, but everyone can choose responsibility for discovering why he was born.
- All great achievements must be maintained through passion.
- Whatever a person is doing, he should do with all his might, and eventually doors will be opened revealing his purpose.
- Remember, if a person cannot manage his time, then he cannot lead his life.
- Producers create value by serving other people's needs, while exploiters plunder from producers to serve their own needs.
- A person can change either the content or the context of a situation by reframing how he thinks about it.
- Attitude is simply isn't optional for leaders.

- Leaders address issues head on, seeking to resolve, not inflate, the matter.
- Failure is an event, not a person.
- The conscious mind thinks in words, while the subconscious mind thinks through images.
- When a person develops mastery today, he must expect the pain of the process, along with the pain of criticism from the anti-heroes.
- Friends must have permission to unburden their hearts to one another – a place where they can share their hurts and pains when life gets rough.
- Be the biggest cheerleader for a friend's success, even when one is struggling personally.
- A leader must surround himself with the right people or he is doomed to mediocrity.
- It's only when a leader grows throughout life that he attracts other elite leaders into his community, changing the lifetime leader's role from a leader of followers to a servant to leaders.
- Whether leading a business, church, or charitable organization, the ability to resolve conflict is essential.
- Many people feel they are not smart enough to succeed, but typically, the most successful people are not the highest scorers on an IQ test.

Orrin outlines the biographies of film stars, sports players, intellectuals, authors, inventors, entrepreneurs, and philosophers to inspire his readers. He narrates fascinating stories, and rolls out mnemonic devices like PDCA (Plan, Do, Check and Adjust) which reflects his creativity. He refers a number of books on success, leadership, and values and authored this book. Hence, you can image the kind of takeaways you get out of this book.

The book goes to the core by outlining 13 priceless resolutions, which are nothing but 13 habits for success and happiness to make a remarkable difference in your life. These are the rungs on a ladder, helping a person climb from where he is to where he desires to be. Precisely, all 13 Resolutions are 13 pearls of wisdom from Orrin. In addition, it presents diagrams to capture the key contents quickly, and provides boxes that contain key ideas and insights.

What is the recommendation?

The book helps you achieve success and happiness. It is written in an easy conversational style so that anybody can read, understand, and apply these leadership principles for achieving all round success. It is an impressive and inspirational book you can keep it as a reference as and when you hit lows in life to bounce back with tenacity and resilience. After reading this book you will walk away with much improved outlook. Precisely, it is a book for all times! It is worth investing your time.