

# From Failure to Success

*author: Martin Meadows*

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## Synopsis

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How many times did you fail and gave up out of frustration or discouragement? How often does failure ruin your resolve and send you back to square one, only to fail over and over again, with little hope anything will ever change? Written by best-selling author Martin Meadows, *From Failure to Success* reveals what failure really is and how to deal with it in a constructive way that will help you achieve success. The author has suffered through multiple failures in his own life. In the book, he shares his vast experience of how he turned failure into a friend and finally achieved the success he had failed to reach for years.

Here's just a taste of what you'll learn from the book:

- Seven types of failure and how to handle them - including failure due to self-sabotage, fear, unrealistic expectations, self-licensing, and more.
- Five rules and exercises to develop and maintain a success-friendly mindset.
- A five-step process to cope with failure and bounce back.
- Three master strategies to build strength to keep going.
- Four reasons to give up. Contrary to what many self-help authors say, sometimes it's better to give up than keep trying. Learn when and why it's better to drop your objective and dedicate your resources to another goal.
- Ten empowering stories of people who faced insurmountable obstacles, yet turned their struggles into immense successes.

Failure is a fact of life. You can get angry at it or befriend it and use it as a tool to change your life. The choice is yours. If you'd rather take the constructive approach so you can eventually win, buy the book now, study it, and apply the teachings in your own life. You, too, can develop mental resilience and turn failures into successes!

## Reader's comments

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