


The Sorites Principle: How to harness the power of perseverance

Ian Gibbs

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Whether you want to lose weight, learn a new language, become a film director, write your first book or just want to keep your home clean and tidy, the Sorites Principle may be just what you need: a powerful unification of tips, tricks and techniques on how to achieve great things via small efforts. So take your first step towards your life goals by reading this book and start achieving your dreams today.

This book looks at how to apply the Sorites Principle (that the constant application of insignificant actions when coherently focussed will inevitably lead to dramatically significant results) and how to overcome the feelings of futility, procrastination and the inevitable lack of willpower.

The Sorites Principle: How to harness the power of perseverance Details

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Author : Ian Gibbs

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From Reader Review The Sorites Principle: How to harness the power of perseverance for online ebook

Andresa Bastos says

The approach of little actions and little steps, that over time, build a consistent "product" is a great insight.

Gillian says

Excellent and easy read full of humour. This book is an ideal support for helping to motivate and persevere in any project you may have. It's helped me keep my New Year's resolutions (that's a first!).

It explains how you can achieve success through the application of small daily actions and provides lots of practical ideas, tips and tricks to make it work for whatever project you may have. There are lots of examples too and the book is accompanied by worksheets that you can download and print off to help maintain and track progress.

Well worth the read.

Seanán Mac says

It's okay, firstly if your goal is singular than this is fairly solid, if your goal is more complex and wholistic there's a few useful pointers. As others have noticed it's too long, but it's well enough summarised, there's far too much waffle but you can skip over it. As with most of these kinds of books it helps if you know something about the psychology of motivation (see Dan Pink's 'Drive' and Caldini's 'Influence' for approachable, interesting pop science versions), there are a few clangers in here, one in particular is he encourages you to visualise the outcome and reward, this is awful advice, don't do that, it's actually a demotivator it focuses the mind to think about an extrinsic reward which lowers rather than improves motivation (best technique is to visualise the work itself, think 80's film montage but with better music). There's some good ones too in here, don't talk to other people about your plans is good, the other motivator of putting a \$100 note on a board and saying "if I don't do X I burn the note" and in general most of the advice is sound enough and there are plenty of resources linked to (though I think he could have gone deeper into GTD apps and the likes rather than simply telling readers to "get an app" also it's always a bit curious when people write book like these but then have little or no online presence).

As a work of art it's lousy, as an example of it's genre it's mid tier, but with better general insights than most mid-tier books of that ilk. The conversational tone is just about tolerable, gushing references to Richard Branson less so (Branson is admirable in a sort of 19th century huckster selling brain tonic in the wild west made good kind of way, but an awful human being, sleazy, avaricious (notorious for promising donations to charity and never paying up), etc. that he has any kind of good reputation whatsoever is a testimony to the general inability for the media to question the credentials of anyone of power and status (so long as they don't cross certain lines) who reinforces certain ideals (the entrepreneur as Thatcherite ubermentch in Branson's instance) and how gullible people remain to pageantry and PR stunts).

One chapter actually opens with the lyrics to 'you'll never walk alone', tempted to give it one star just for that, but that'd be petty, as stated fine for what it is, the underlying principle is mostly sound.

Sidney says

This really is a dumb book. No need to read and no need to encourage others to read.

J Crossley says

Step By Step

The method explained here is that by taking small, manageable steps towards what you want to accomplish, the goal will be within reach. Each chapter ends with summary points and questions to consider.

Joe says

There's a few decent tips here, sadly mostly regurgitated from other self improvement books. The book is also far too long and stuffed with anecdotes, as if the reader is too stupid to understand the principle on its own or just to bulk the book out. After the first 100 pages it was a slog to finish. The book should be half the length. Almost felt like the author was being paid by the word.
