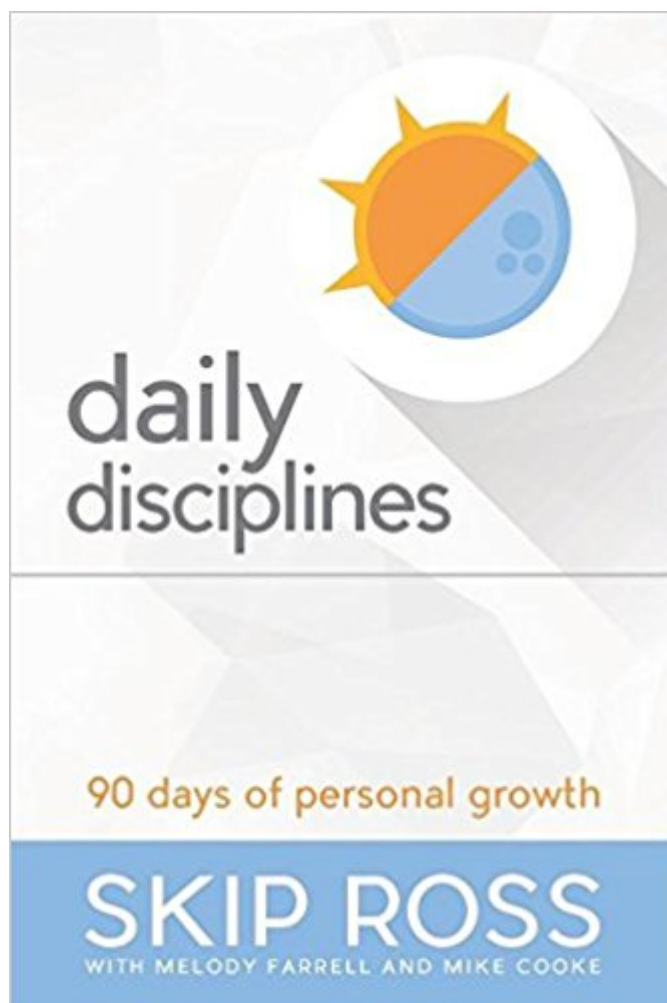


The book was found

# Daily Disciplines: 90 DAYS OF PERSONAL GROWTH



## Synopsis

Daily Disciplines is a simple way to commit to a habit pattern of personal growth. A few minutes a day will make a world of difference in the way that you approach projects, business, relationships, parenting, studying, and life. This book contains 90 days worth of distilled truths to ponder, and leaves each day with a specific question to think about for the day. SKIP ROSS is an internationally sought after speaker and leadership trainer. This book was inspired from Skip's most recent podcast series, Daily Disciplines. He is most well known for his Dynamic Living seminar and his book, Say Yes to your Potential. Skip is founder and director of Circle A Ranch, a summer program designed for helping teenagers to find purpose, inspiration, and motivation. He has recently published the study series THRIVE. More information on this material is available at [www.thrivestudy.com](http://www.thrivestudy.com).

## Book Information

Paperback: 204 pages

Publisher: Lost Poet Press (October 20, 2015)

Language: English

ISBN-10: 0991448960

ISBN-13: 978-0991448968

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 27 customer reviews

Best Sellers Rank: #552,860 in Books (See Top 100 in Books) #372 in Books > Health, Fitness & Dieting > Mental Health > Dreams #2221 in Books > Self-Help > Self-Esteem #16372 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

Skip Ross is the owner, founder, and director of Circle A Ranch. He and his wife Susan have dedicated their lives to making a difference through this ministry, and have spent the last 37 years giving their summers to the work of Circle A. Skip is the author of several books and is best known for the Dynamic Living Seminar. He has traveled the globe teaching the principles of attitude development and leadership to millions of people for over 50 years. He is a successful business executive, recording artist, and motivational speaker. He is founder and president of the OFIDA Project, a Crown IBO with Amway, and a graduate of Westmont College and Fuller Theological Seminary. Melody Farrell co-owns and operates a production company, Echo Media Group, and a

publishing company, Lost Poet Press. She is associate director of Circle A Ranch and has held numerous leadership positions in various churches and ministries throughout her life. She, along with her husband Chris, was on the founding launch team of Element Church in Tampa, Florida, and currently serves as their Administrative Pastor. She holds a degree from Lee University and she operates a successful Amway business. She is a podcaster, a vocalist, and a mother of two. Skip is Melody's father, and she is honored to join him on this project. Mike Cooke grew up in New Jersey and began attending Circle A at age eleven. He invested every summer at Circle A for many years as a camper, auxiliary stuff, and Leadership Team member, and went on to become a deeply valued and influential part of the ongoing ministry of Circle A. Mike graduated from Rensselaer Polytechnic Institute with a Bachelor of Science degree. He resides in Florida with his wife, Maria and their son, James. He serves as a house church leader at his local church as well as a teacher for the children's ministry. He remains committed to the future of Circle A and Dynamic Living!

This is a brilliant follow-up to one of my most favorite books of all time, "Say Yes To Your Potential". Though the cover says its only 90 days of personal growth, it really is just the start to a lifetime of growth. The book does a great job of breaking down huge, life-altering ideas into daily reminders and challenges that can help anyone get on the path to positive change. I look forward to years of enjoyment from revisiting this book over and over again, gaining new insight with every read. Best reasons to buy:- Easy-to-follow daily format allows anyone to read it and learn.- Daily challenges that encourage steady, personal, positive growth with out becoming overwhelming.- Dense content! It feels like every day could be unfolded into a full book on its own. (And I'd love it if it did!) Biggest complaint:- I just want more. The great thing about the book is immersing yourself in these ideas for 90 days straight. And I know that these concepts, thought and ideas are dense enough to enjoy many times over, but I do hope that this will have a follow-up of it's own very soon. Final Thoughts: If you could benefit from gaining some wisdom, challenging your daily routine, and getting an awesome attitude adjustment; buy this book. You won't regret it and it would make great gift for anyone you think might enjoy those same things!

WHAT AN AMAZING BOOK! I have read many self help books, but reading one written by Skip Ross is just special. I have attended Skip's camp and listened to him speak for many years. He has tied much of his great wisdom into 90 days of "Daily Disciplines". I like the simplicity of the reading and exercises. It is a book that I think many people can relate to. Skip touches on many of the challenges that keep people from moving beyond average to a life of significance. As with any

success, ACTION on YOUR part needs to occur. Daily Disciplines is the perfect book to start you on your way to exceptional personal growth. I loved this book so much, many of my family members received it as a gift for Christmas.

I have been to Skip's camp multiple summers and knew that I had to get this book when it came out. It is very well written and easily applicable to your daily life. This is not extremely time consuming since you only have to read a page a day and do a short exercise, but the results are astounding! As a busy student, this is important. I love this book! Thank you Skip!

Very informative and very helpful book. You could read one chapter per day and enrich your life in three months. I will definitely read this book again. This is keeper. I highly recommend this book to anyone who is looking to improve their life.

Love the daily work after the daily read. That will allow me to easily reflect back on my thoughts. It also encourages you to put fourth the work as well as having the intentions to complete the exercises. Love it!

Loved it. Clearly a book I will read many times and work through on a daily basis.

Life changing principles that everyone can improve his life !

One of the great joys in life is relating to others and seeing their different perspectives and all the "wonders" of their experiences. Wonder: Feeling of surprise mingled with "admiration", caused by something beautiful, unexpected, unfamiliar, or inexplicable! Admiration: A social emotion elicited by people of competence, talent, or skill exceeding standards. Admiration facilitates social learning in groups and motivates self-improvement through learning from role-models. Daily Disciplines is designed to engage you in a study and thought provoking mindset that is dynamic living. This book does exactly that and above is just a small taste of what there is to find. Look for the good, the more you look... The more you will discover there is to find. :)

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