



Words About Wellness

*[Today's Book
Recommendation!](#)*



DON CLIFTON

Father of Strengths Psychology and
Inventor of the Clifton StrengthsFinder

STRENGTHS FINDER **2.0**

DO YOU HAVE THE OPPORTUNITY TO DO WHAT YOU DO BEST EVERY DAY?

Chances are, you don't. All too often, our natural talents go untapped. From the cradle to the cubicle, we devote more time to fixing our shortcomings than to developing our strengths.

According to the author, based on research, "those who have the opportunity to focus on their strengths everyday are six times as likely to be engaged in their jobs and more than three times as likely to report having an excellent quality of life in general."

This book helps you discover what you naturally do best! It is loaded with hundreds of strategies for applying your strengths; it includes the 34 most common strengths and helps you uncover your top 5.

You then receive a personalized Strengths Discovery and Action-Planning Guide for applying your strengths.

You receive 50 Ideas for Action (10 strategies for building on each of your top five talents).

Some of the common strengths included in this book include:

- Achiever
- Activator
- Maximizer
- Developer
- Includer

This book is available on [Amazon](#).

Remember: You cannot be anything you want to be—but you can be a lot more of who you already are!