



Say It Out Loud (Audio CD)

Dr. Kevin Elko

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Spoken words are very powerful. They can help us achieve what we want (or what we don't want) in life. Therefore, understanding how to master this concept of the spoken word can benefit us greatly in all areas of our lives. This program, recorded live in Mobile, Alabama, focuses on the importance of the words that come out of our mouths and on the discipline we need to maintain and be aware of what we say. This exact system Dr. Elko uses when he talks to winning National Championship University and Super-Bowl Pro Football Teams and with successful Fortune 500 Corporations. Specifically, Dr. Elko focuses on four key areas: ? Keeping our vision on our target and not obsessing with our desires, because we will become as small as our dominant desire or as great as our greatest aspiration. ? Taking feedback and counsel, learning how to learn, because there are two kinds of people: those who learn and those who don't. ? Ignoring the insignificant, because if there is nothing to be gained, there is nothing to be fought for-no spoils-so then, there should be no fight. ? Fighting weary, because when we are becoming tired, that tiredness is a sign we are nearing our goal, and we need to learn how to fight through it.

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