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VETERANS, THANK YOU FOR YOUR SERVICE!

Freedom is never free. In this month of Veterans Day, Orange County REALTORS® joins a grateful nation in pausing to honor all who have served and to reflect on the selflessness of those whose courage, devotion, and sacrifice have purchased the freedom we enjoy.



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In words and pictures, we pay tribute to REALTOR® and Affiliate members who have served in uniform, at home or abroad, either to win a war or to keep the peace.

www.ScheperBook.com

The Psychology of Improving

FROM A TO Z
THE ABC'S OF SELF-IMPROVEMENT



by
Paul E. Scheper

SCAN TO ORDER TODAY!

Psychology of Improving
FROM A to Z
The ABC's of Self-Improvement



The Psychology of Improving from A to Z:

The ABC's of Self-Improvement

By Paul E. Scheper

Reviewed by Sherri Butterfield
WRITER AND EDITOR

When I was about ten years old, the Camp Fire Girls group of which I was a member held a Christmas party that featured a gift exchange. Before the event, my mother took me shopping at a local TG&Y store to purchase a suitable gift. While I do not recall what I chose, I do remember considering paper dolls, coloring books, and board games. Mother helped me wrap my purchase, and on the day of the party, I delivered it to the hostess, who attached a number to it and placed it under a beautifully decorated Christmas tree with about a dozen other gifts.

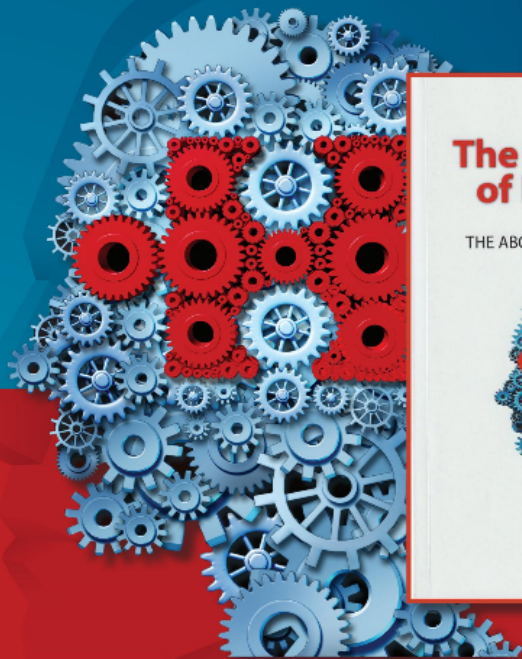
After all the party guests had arrived, one mother explained that we were going to draw numbers for the gifts. Then, she went around the room and asked each girl to take a number from a bowl she was carrying. After I had done so, I walked over to the tree to see which gift would soon be mine. Much to my dismay, my gift was by far the smallest one under the tree. While many of the wrapped packages were as large as a board game or a boxed puzzle, the one that matched my number was the size of a small jewelry box, the kind that might hold a locket or a lapel pin.

To say I was disappointed would be an understatement. One of the mothers must have sensed my dismay because she walked over to me, put her arm around my shoulders, and whispered reassuringly in my ear, "Good things come in small packages." When I opened the package, I discovered that my gift was a small plastic dog whose front and back legs moved forward and back as if he were running, whose ears flopped, and who was equipped with a pin so that he could be readily attached to a sweater or coat. My gift was easily the most novel at the party, and soon other guests were offering to trade.

I tell this story because the lesson this experience taught me many years ago is applicable to a book that I recently had the pleasure of reading. The book is *The Psychology of Improving from A to Z: The ABC's of Self-Improvement* by Paul E. Scheper. Slightly more than one hundred pages long, this book is easily one of the smallest in my library, yet it contains more practical wisdom than many much weightier tomes. Its size makes it extremely portable, and most of the chapters are fewer than four pages long. It is ideal either for carrying and reading when you have a few minutes to fill or for placing next to your easy chair or on your bedside table to enjoy at the dose of the day.

Scheper asserts at the outset that "the biggest room in the world is room for improvement," and his purpose in writing the book is to help his readers improve. Although he earned a Bachelor's in Psychology from Harvard University and a Master's in Business Administration from the University of Southern California, his book does not take the textbook approach its title might suggest. Instead, Scheper divides his book into twenty-six short chapters, letters the chapters from A to Z, and then uses the letters as mnemonics to help readers learn and remember what they must think about if they wish to change and improve. For example, A is for Attitude, B is for Buoyancy, C is for Commitment, D is for Discipline, E is for Execution, and so on to Z, which is for Zeal.

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The Psychology of Improving

FROM A TO Z
THE ABC'S OF SELF-IMPROVEMENT



by
Paul E. Scheper

Throughout the book, Scheper generously sprinkles wit and wisdom from more than one hundred different sources ranging from William Shakespeare to Shel Silverstein. During the discussion of Discipline, readers are reminded (in the words of Zig Ziglar), "It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through." And in the discussion of Mistakes, Scheper appropriately includes the words of Albert Einstein: "The person who never made a mistake never tried anything new." To make the book even more useful, the sources of these various quotes are listed on five pages at the back of the book in alphabetical order by author's last name with the numbers of the pages on which they appear.

In summary, this little volume is an extremely useful handbook for all who are seeking to improve. Although its title is disarmingly heavy, its message is delightfully light and is delivered in a form that makes it easy to read, retain, and recall.