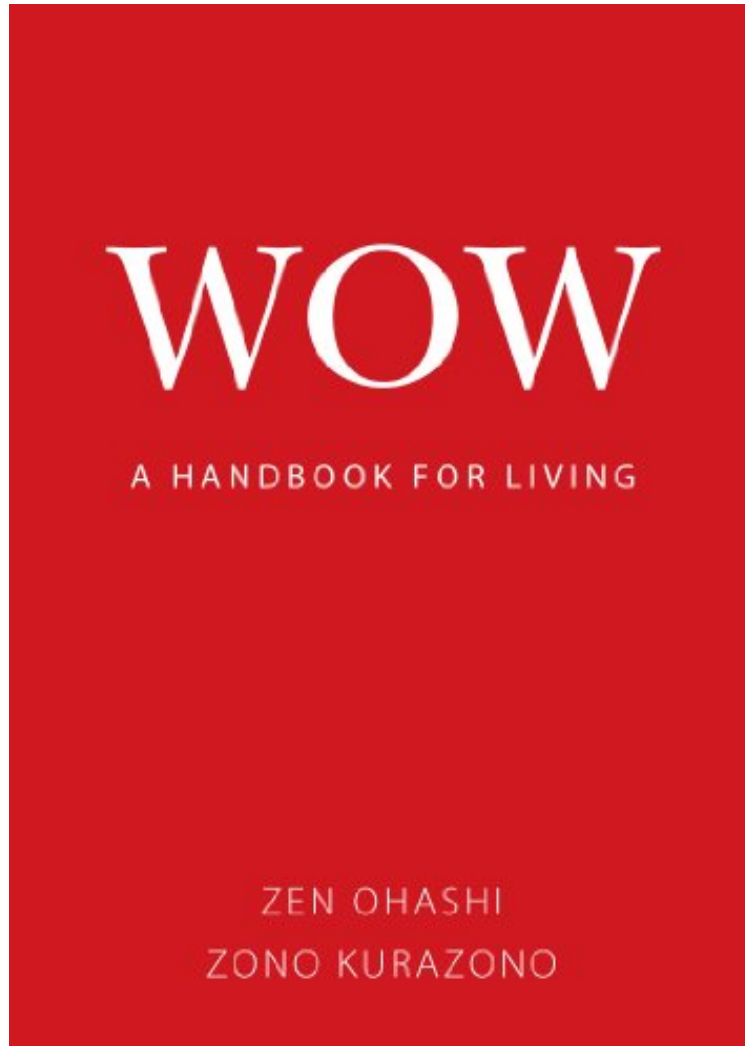


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WOW: A Handbook for Living

Zen Ohashi

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Zen Ohashi : WOW: A Handbook for Living before purchasing it in order to gage whether or not it would be worth my time, and all praised WOW: A Handbook for Living:

0 of 0 people found the following review helpful. Very helpful in being happy and solving problemsBy CustomerVery helpful in being happy and solving problems. Lots of pictures and text variations so it was an easy read.1 of 1 people found the following review helpful. Not your typical self help book, it's better!By Amy E. HenryNormally I don't review self-help books, but I found this book especially unique and useful. Not your typical "how to live better" guide.The format is the first unique element. It's not written out in lengthy or wordy chapters, filled with anecdotal stories. Instead, the pages have alot of white space, with quotes, simple suggestions, and questions to reflect upon. Rather than telling you, the reader, what to do, it creates a process in which you find your own solutions. Meditation is key, and each section gives you points to ponder and apply.For example, when trying to solve a problem, one question

is "What state of conditions do you want to create?" This way the suggestions and solutions are applicable to just about any circumstance. Interesting graphics, all in black and white, accent the ideas. Again, to use this book you will not be sitting down to read chapter after chapter. Ideally, you would use one section, consider the questions, then put it down and meditate on what course applies to you. Then it suggests you write down ideas to cement them in your mind. A few caveats: some of the suggestions and questions seem oversimplified at first, but really aren't to be dismissed. Many pages have sections to add your own notes and comments. Another thing I noticed was that many of the suggestions required the assistance of a friend or confidante in achieving. That may work for someone with a good support system, but I couldn't help but think there are some things that we may not want to divulge. After all, many of our stressors are deeply personal. I think this would be helpful to anyone, from a parent to a businessperson, as the thoughts are open ended and the solutions are not keyed towards any one answer. An especially good idea in it was to be a better listener, and listen to what others say, but even more to listen to what they don't say. Their silence can be revealing. It's unlikely that the ideas in this book will ever be out of date, because the simplicity of the text and ideas is universal.

3 of 3 people found the following review helpful. This is a motivational handbook. By Robert G Yokoyama

Wow is a handbook for living. The information that business management experts Zen Ohashi and Zono Kurazono present here is very helpful to me. This book forces me to reflect on the direction my life is going. I want to get into the practice of brain storming for ideas instead of complaining. I am going to use this information in this book to approach the problems in my life more positively and efficiently by asking questions starting with the word how instead of the word why. Why questions lead to confusion. How questions will make me more productive and positive. I will become a better listener by using the Wind Tunnel Ears method. This happens when I allow information to pass from one ear to the other when I listen to someone speak. I am going to try to listen with sincerity about what I am listening to without forming my own judgments right away. Ohashi also talks about the power of forgiveness that I found to be helpful. More energy will be created for new projects when I learn to forgive myself for the things that did not work out in my life. There is an exercise that involves rating myself on a scale of one to ten in different areas like listening, love and enthusiasm. I don't know if this exercise will work, but I am willing to try it. Another valuable thing in this book is about the value of being selfish. I need to have the freedom to be selfish once in a while and so does everyone else. This book is filled with black and white photographs that are interesting to look at. There is a picture that shows three men in a row boat. This picture underscores the importance of commitment and sticking to a plan. There is a photo of a car in dirt. This picture underscores the importance of asking questions starting with the word how instead of why. This book is motivational and easy to read. It is filled with positive messages. I would recommend it to anyone.

Secrets of a master management coach: 31 phrases are paired with simple methods and short explanations designed to implement personal empowerment. Secrets of a master management coach: 31 phrases are paired with simple methods and short explanations designed to implement personal empowerment. Secrets of a master management coach: 31 phrases are paired with simple methods and short explanations designed to implement personal empowerment.

About the Author Zen Ohashi is a foremost expert business management coach in Japan whose methods have been utilized at major international corporations. Born and raised in Japan, he moved to the United States in 1998 where he cofounded a successful viral marketing company. Here he was introduced to American business management coaching. He has since developed it and implemented it in multinational companies both in the United States and Japan. Zen is also the author of several best-selling books on management and motivation in Japan and travels between the two countries giving lectures and speeches. Zono Kurazono is an active lyric writer, song producer, singer, and guitarist. He has released two full albums with the major Japanese record label Switch. In 1996, he began his work in editing and soon became the chief editor of a popular online magazine. Since then, he has returned to music. He has also worked as a business consultant for the KDDI group and now heads his own consulting firm JOYWOW, where he conducts original business workshops.