

Joan Holman's Quiet Time

JOAN HOLMAN'S BLOG ON A VARIETY OF TOPICS.

MONDAY, APRIL 20, 2009

Dear Success Seeker & the True Meaning of Success

Last week the book *Dear Success Seeker: Wisdom from Outstanding Women* by Michele Wright, Ph.D. was released (published by Atria, a division of Simon and Schuster). I was very honored to be among the women featured in this book, which includes advice from such remarkable women as:

- Civil Rights Pioneer Rosa Parks
- Actresses Della Reese & Shirley Jones
- Faith leaders Joyce Meyer & Reverend Johnnie Colemon
- Tennis champion Billie Jean King
- Philanthropist & Educator Camille Cosby, Ed.D
- Oprah Radio & Oprah Show personality Gayle King

I have read countless books on success over the years and many people focus just on material success. However, the messages in *Dear Success Seeker* set it apart because they have a depth and richness to them that go far beyond superficial success. The messages get to the real heart and soul of success, which is the mastery of one's self and one's life and the fulfillment of the potential that lies within each individual.

My success letter, and many of the letters featured in the book, touch very much on the psychological and spiritual aspects of success. To me, success is so much more than material success or achievements.

MY PERSONAL "SUCCESS JOURNEY"

When I was young, I was very ambitious and wanted to have grand achievements in my life. When I graduated from college, I secured a fantastic job and in less than a year, I was promoted to a very high level position. I loved my job and was quite successful in the eyes of the world.

MY DRIVE TO ACHIEVE BASED UPON MY EGO'S NEED TO OVERCOME FEELINGS OF INADEQUACY

Although I was doing well in my work, I was not able to have a committed and close relationship with a man. I made work my life and lamented about not finding the "right man." After a few years, I had a personal crisis that led me to get some counseling. My therapist helped me understand that my drive to succeed was based upon my ego's need for achievement as an overcompensation for my core feeling of inadequacy.

WORKING ON MY PSYCHOLOGY WAS TOUGH, BUT WORTH IT

My therapist also helped me realize that my inability to have a close relationship with a man was based upon these same feelings of inadequacy. Working on my psychology was tough, but I had no other option if I wanted to find peace and self-acceptance. The rewards for doing this work were enormous.

SUCCESS IS ABOUT SELF-WORTH & INNER PEACE

I began to feel genuine self-worth and have an inner peace I had never before experienced. My relationships improved and I met the love of my life and we got married. New opportunities opened to me and my motive for achievement changed.

SUCCESS IS ABOUT CONTRIBUTING TO THE GREATER GOOD OF THE COMMUNITY

Now it became about serving and being the best I could be, not for ego aggrandizement but in the true spirit of contributing to the greater good of my family and the community.

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The book can be purchased at bookstores or online at Amazon.com and other online booksellers.

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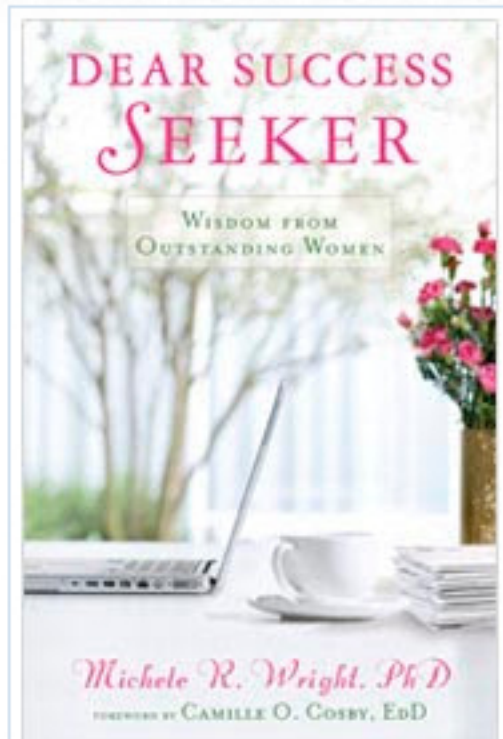
LABELS: ACHIEVEMENT, ADVICE, BOOKS, CAMILLE COSBY, DEAR SUCCESS SEEKER, DELLA REESE, GAYLE KING, JOAN HOLMAN, OPRAH, PUBLISHING, ROSA PARKS, SUCCESS JOURNEY, WISDOM

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JOAN HOLMAN LINKS

- Dear Success Seeker Book Contributors
- Joan Holman Article "Unlocking the Secrets of Life"
- Joan Holman Book Marketing Diva Blog
- Joan Holman Web Site
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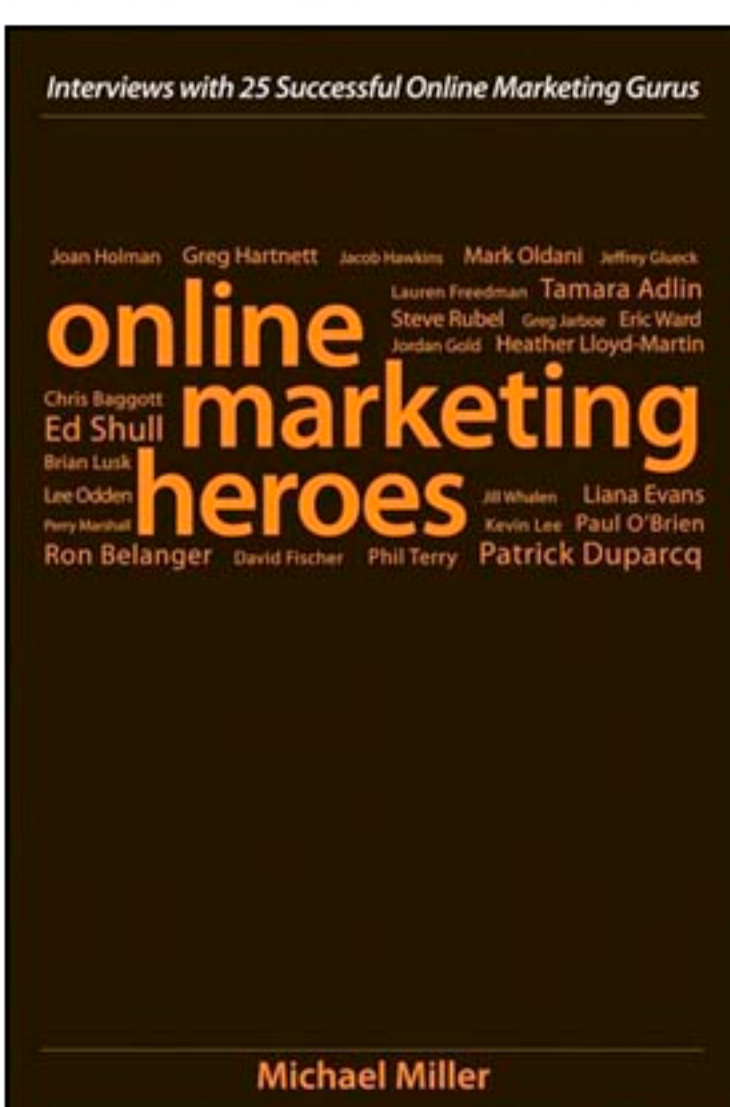
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JOAN HOLMAN PHOTO



Joan Holman has been recognized as one of America's top online marketing experts. She helps clients develop & improve web sites and use the Internet for marketing, branding and public relations. She is also a published author and book development and book marketing specialist. Read more on her web site at www.holman.com.

JOAN HOLMAN NAMED ONE OF AMERICA'S TOP INTERNET MARKETING EXPERTS IN ONLINE MARKETING HEROES BOOK



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JOAN HOLMAN WITH FRIEND PATRICK COMBS



at Patrick's performance of his one-man hit show "Man 1 Bank o"

"THROUGH 'QUIET TIME' WE CAN CONNECT TO OUR REAL SELF." JOAN HOLMAN

Thank you for visiting my blog. I have some other favorite blogs that I follow such as Patrick Combs blog at <http://www.goodthink.com/>.

BLOG ARCHIVE

- ▶ 2010 (1)
- ▼ 2009 (1)
 - ▼ April (1)
 - Dear Success Seeker & the True Meaning of Success
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- ▶ 2007 (3)

ABOUT ME

JOAN HOLMAN
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Joan Holman is an author and producer and a broad-based consultant in marketing, business development, branding, public relations, book development and book marketing, media relations and other areas. Visit Joan's website at <http://www.holman.com>

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HOW MUCH TIME DO YOU SPEND ON THE INTERNET EVERY WEEK?

- Less than 2 hours
- Between 2 - 5 hours
- Between 5 - 10 hours
- More than 10 hours

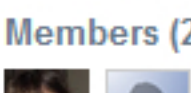
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