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Valleys in life lead everything else. You understood what is missing in order to re-create the peaks you had. But then you go through more and realized that nothing is more sexy than just living everyday life, doing things that make you quite happy, hanging with people who you deem yourself to be fortunate enough to meet.

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In planning for peaks and valleys, here is what will most likely happen: You might get to 27 days and have to start over. You may have to take 17 days to deal with whatever setback is in your way.

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Peaks and Valleys: Making Good and Bad Times Work for You ...

USING YOUR PEAKS AND VALLEYS AT WORK AND LIFE.

Manage Your Good And Bad Times: 1. Make Reality Your Friend: Whether you are temporarily up on a Peak or down in a Valley, ask yourself: What is the truth in this situation? Get Out Of A Valley Sooner: 2. Find And Use The Good Hidden In A Bad Time: Relax, knowing that Valleys end. Do the opposite of what put you in the Valley.

Summary and Review of “ Peaks and Valleys ” by Spencer ...

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Peaks and Valleys : Making Good and Bad Times Work for You ... The subtitle of Peaks and Valleys indicates what it's about: how to

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make "good and bad times work for you - at work and in life." Johnson introduces a young man, Michael Brown, who is "in a pretty tough spot." He meets someone recommended by a friend, Ann Carr, in a small café who agrees to share a story with him on the single condition "that ...

Peaks and Valleys: Making Good And Bad Times Work For You ...

The Marquez Valdes-Scantling experience is one of peaks and valleys, of highs and lows, of big plays and mistakes. The inconsistent but increasingly important Green Bay Packers receiver peaked again Sunday during a 31-24 win over the Detroit Lions at Ford Field. The performance wasn't uneven ...

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