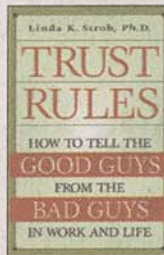


# 5 THINGS WE LEARNED FROM ...

## Trust Rules

**How to Tell the Good Guys From the Bad Guys in Work and Life**

By Linda K. Stroh, PhD (Praeger, \$34.95)



Stroh, a professor at Loyola University Chicago's Graduate School of Business, tackles the question "Who can you trust?" Trusting unreliable peers (bad guys) can hurt you, just as an unwillingness to rely on good guys can limit your abilities. It's a tricky balancing act in both business and life. Trust us.

**1** Trust makes us vulnerable, which is why many find it difficult. "When we trust others, we expect that we are safe with them."

**2** Good guys—those who are trustworthy—remain good even when times are bad.

**3** We can protect ourselves from untrustworthy people by being cautious of what we say around them, preparing for interactions with them by predicting their behaviors, and limiting our interactions.

**4** Trusting ourselves yields great benefits; it enables us to shed worry because we know we can manage ourselves and our relationships with others, both good and bad guys.

**5** "Those in our inner circles at work, in life, and in social situations have significant influence on our thinking and our behavior. ... We must take great care when deciding whom we will, and will not, let into our inner circles of confidants."

—Chris McNamara

## The Passion Test

**The Effortless Path to Discovering Your Destiny**

By Janet Bray Attwood and Chris Attwood (Hudson Street, \$23.95)



A passionate life is exciting, purposeful and fun, write the authors, but many of us have a tough time discovering our true passion. This book is designed to help readers figure out what's truly important and how we can live our destinies.

**1** Your first step is to make a list of your passions, without getting bogged down in the hows (how will I find time to do this, for example). Think big, and don't censor yourself.

**2** When you're truly passionate about something, it's not a struggle to focus on it. Challenges may slow you down, but they won't deter you.

**3** Trust is the key to success in business, relationships and life. "As your trust that things will work out well grows, the speed with which you manifest your dreams will increase dramatically."

**4** Focus on what you want out of life and the things that create joy and fulfillment for you, rather than your problems, fears and what you don't have. Refocusing thoughts is one of the first steps toward creating a more passionate life.

**5** "When you're passionate, you will be willing to fight for your passions, to do uncomfortable things, to take chances, to risk everything."

—Anne E. Stein