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## **“GPS for Success: Skills, Strategies and Secrets of Superachievers” provides a roadmap for young people to achieve their dreams and a fulfilling life**

Next to food and clothing, achieving personal and professional success is at the very top of most people’s hierarchy of human needs. But life’s opportunities, career advancement and financial success don’t just happen – you create them.

The recently-published book, “GPS for Success: Skills, Strategies and Secrets of Superachievers,” (Productivity Press, NY, NY), provides a detailed roadmap for young people to achieve their dreams and a fulfilling life.

The book was research-based and written over several years by Barry Franklin, PhD, for recent graduates and young career professionals. During an esteemed 45-year career motivating patients to make lifestyle changes to prevent or halt heart disease, Franklin’s secondary passion has been studying behavioral characteristics of highly successful people in all walks of life. He scoured the world’s literature and interviewed highly successful people to provide a “one-stop” resource of proven and practical recommendations for future success.

The result is one of the most comprehensive books on success that’s ever been written, filled with compelling quotes, essential skills, surefire strategies and inspirational stories of some of the world’s greatest superachievers in business, sports, entertainment and other industries.

“This book fills a void in the contemporary educational curriculum – it’s the ‘missing course’ for high school and college graduates who dream of a successful and fulfilling life, but need help getting there,” explained Franklin. “It’s my way of giving back, helping young people to help themselves.”

The book is based in part on a “GPS for Success” course that Franklin developed and taught to rave reviews for five years at Central Michigan University.

“GPS for Success” outlines must-have skills and abilities and 10 proven behaviors that can propel you to the life of your dreams. The text is peppered with quotes of advice and motivational stories of some of the world’s most successful people – including Michael Phelps,

Tiger Woods, Michael Jordan and LeBron James from the sports world; J.K Rowling, Arnold Schwarzenegger and Jim Carrey from the entertainment world, and Henry Ford, Charles Schwab, Steve Jobs and Warren Buffett from the business world, to name just a few.

Franklin also shares personal experiences from his own successful career as director of preventive cardiology and cardiac rehabilitation at Beaumont Health, Royal Oak, MI, and professor of internal medicine, Oakland University William Beaumont School of Medicine. An author of 27 books, and former editor-in-chief of the Journal of Cardiopulmonary Rehabilitation, Franklin also served as president of the American College of Sports Medicine and the American Association of Cardiovascular Pulmonary Rehabilitation, as a national board member of the American Heart Association, and a current board member of the American Society for Preventive Cardiology.

In his Foreword to the book, leadership speaker and best-selling author Mark Sanborn (“The Fred Factor and You Don’t Need a Title to Be a Leader”) said, “Barry has done these three things for you: He did the work ... He saved you time ... He provides ideas you can use to be more successful.” Sanborn also wrote: “Quotes are the wisdom soundbites of our time, and this book is full of them.”

“GPS for Success: Skills, Strategies and Secrets of Highly Successful People” is available at: ([www.healthylearning.com](http://www.healthylearning.com)), through Productivity Press at [www.routledge.com](http://www.routledge.com), and through [www.amazon.com](http://www.amazon.com). Learn more about the author at: [www.drbarryfranklin.com](http://www.drbarryfranklin.com)

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