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Royce Mobley

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#4528555 in Books 2016-05-12Original language:English 8.50 x .42 x 5.50l, .0 #File Name:
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Royce Mobley : Self-Help Through Changing Your Behavior: Enjoy Your Life More before purchasing it in order to gage whether or not it would be worth my time, and all praised Self-Help Through Changing Your Behavior: Enjoy Your Life More:

0 of 0 people found the following review helpful. Should be required readingBy larry fosterGreat book. Very insightful and inspiring. As a long time public school teacher I can tell you - this book should be required reading for urban school systems throughout the country. I found myself being enlightened as well. My students need this book.2 of 2 people found the following review helpful. Great ReadBy CustomerGreat book for those looking for the self help through the eyes of an African American. Shows the trials and tribulations one goes through from days past to current time. It shows the heartache of losing a close friend and still being a role in the family's life. Great read and will definitely pass it on to other. Although only being 24 it has wise words that can go a long way, lessons from the old school that you do not always see no-a-days.0 of 0 people found the following review helpful. Mobley's Critical Thinking...By charles m. leeksRoyce Mobley is a critical thinker bringing his skills to assessing everyday issues confronted by African-American men, specifically, but the principles apply to all. He is at his best in describing "Misguided Thinking." This is especially problematic for many African-Americans who do not always see the bigger picture, but get stymied in immediate details of the moment. A longer-term perspective is always better. Patiences, self-awareness, and generosity to one's own self seem to be at the heart of Mobley's approach to changing one's behavior. I strongly encourage a read of this book.Charles Leeks, Ph.D.

Self-help Through Changing Your Behavior can be used as a way to improve not only your life, but also the lives of generations to come. The purpose of this book is to provide information and encourage you to consider the things that you can do to help yourself simply by changing bad habits. Changing bad behavior is a simple way to do better and live a more productive life. Not one of us needs to wait for someone else to do for us those things we can do for ourselves. Even if it is not clear to us at this moment, it is within our power to deal successfully with most of the difficulties that many of us face, including continued high poverty, unemployment, incarceration of family members, poor quality education, and marital struggles. These, as well as other challenges do not allow us the luxury of limiting our options for effective solutions.

About the AuthorRoyce Mobley was born in Lyons, Ga and the fourteenth child of fifteen children. He retired from

the Navy after serving 25 years of service. While in the Navy, he worked in Communication and as Navy Career Counselor, traveling throughout the United States and to over 22 countries, he received many honors and awards. He is a member of the local Urban League and served on the local Democratic Election Committee. He enjoys all sports and loves listening to music, including one of his favorite songs “Working Together” sung by Frankie Beverly and Maze. Royce and his wife Carrie reside in Florida.

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