



# **8 to Great: The Powerful Process for Positive Change**

*Mary Kay Mueller*

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## **8 to Great: The Powerful Process for Positive Change Details**

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# **From Reader Review 8 to Great: The Powerful Process for Positive Change for online ebook**

## **Patrice Greene says**

This book has caused a shift in my life. I've practiced the highways and it has changed my life. It's all how you think and sharing why you're grateful. I highly recommend this book!!!

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## **Jean says**

This is another book (signed by the author) that Jon brought over from a motivational conference he attended for work. "Live in thanksgiving daily for the many mercies and blessings which He doth bestow upon you daily" or President Monson's conference talk, The Divine Gift of Gratitude, could have easily been among this Catholic author's many anecdotes and quotes. There was nothing really new here, but a great reminder of how blessed I am to have the Gospel as a guide for my life.

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## **Grace says**

I read this book for work, as we have been using 8 to Great techniques with some of our clients. I will admit that it's a little religiously which I didn't really jive with, I felt a little uncomfortable with some of the scriptures, but I will say that aside from that...I liked it. I think it has a lot of positive uplifting paradigms and I liked the way that I felt when I was reading it. I noticed myself thinking about this book throughout the day when things would happen, as if to say "whoa wierd this stuff is really working whether I mean for it to or not!" I like the idea of using Gratitudes and I will admit that stuff really did start manifesting when I started paying attention.

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## **Jenna says**

I was required to read this by my district for an inservice and I have to say that this book made more of a positive impact on my life than I'd care to admit. Still not the most life-changing book I've ever read, (I'm probably biased, given the genre). But, I liked a lot of her ideas.

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## **B.P. Crouse says**

The outline for a simple and powerful process for realizing every dream. Easy to understand concepts with exercises to begin practicing everyday.

The author is open about the universal ideas and gives credit freely to the wisdom of others. She uses playful twists of the language to move the reader in powerful shifts of focus that open the door for seeing the world in a brand new way.

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## **Colleen says**

MK Mueller's book 8 to Great has made an amazing difference in my life—both personally and professionally. I felt as if I were living the stories, principles, and examples because I could relate to them so easily. Countless times I learned unique formulas, tips, and techniques to help me implement this wealth of information in my own life.

The Power Pyramid is a favorite concept—so simple, yet so empowering. It has helped me identify and improve my skills as a friend, colleague, and mentor. I frequently catch myself “95-ing” and leading others to that powerful feeling place.

Thanks, MK, for being the first person to define “attitude” in a way that makes perfect sense! “FGH” has a special place in my heart, and several times a day I practice the three skills: I have Forgiven myself and others for numerous actions, daily I share three Gratitudes with multiple groups of people, and I have incredible Hope for the future—mine, yours, and the world's.

Even after reading 8 to Great several times, I was amazed to learn even more by listening to the CD version read by the author herself. Kudos on one of the most important books I've had the honor to read and enjoy. I believe all readers will be blessed by the wealth of joy this book will bring them.

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## **Catherine says**

Nothing terribly new or earth-shattering here, but MK has some great practical ideas. She uses a lot of cutesy acronyms which was a little confusing at times. I love her ideas for keeping a gratitude journal. The kindle edition had a noticeable amount of editing issues and missing words.

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## **Shelly says**

Each of the 8 steps made me go "duh," not because I already knew this stuff but because I didn't know I knew. To put things into an even simpler frame, you will get back what you put out into the world. The difference here is that we not only are reminded of this basic truth, but we are given a process to follow to help us make sure we're putting out good thoughts and getting good things back in return.

There was only one jarring note for me in this book, and that was the author's apparent love for Barack Obama. Using him in one example would have been plenty but she kept going back to him or his family. I would have preferred to see a wider range of folks used for her examples, not just because for me Obama is hardly a hopeful figure but also because it would have improved the context of the book (winners have been using these concepts for a long time, after all).

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## **Kelly says**

Fabulous book with real examples and steps to try. I have a gratitude journal, but tend to only do it once a week. The book helped change my perspective on how I view my own reactions to other people and lighten up a little. Inspirational for those that are bored with the day in and day out and wondering if there is something more life has to offer.

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## **Amy Kw says**

I love this book! MK's style of writing is so easy to read, and there is potentially life-changing information contained within the covers of this book. Every time I read this book, I find a new nugget of help. I've shared it with students, young people, other friends. Love it!

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## **Jillian says**

All self-help books are cheesy, and this is no exception. If you can tolerate the cheese and push it aside, there are some good simple tips in here to make yourself happier. I started this book when I was in a serious roller derby funk, and fearing I was about to sink into yet another depression. While I won't say the book "turned me around," because a lot of things did that, I am feeling good now and I am using some of the practices mentioned in the book daily.

Main points to take away: I need to face my fears instead of run from them, and take risks. Other thing: I write down three things I'm grateful for every day, and I can never repeat them. They can be silly little things or related to an event that happened or more general. It helped me perk up and be happy when I go to bed. I think this is a Nice Thing To Do and I hope I keep up with the habit.

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## **Zach says**

MK did a fantastic job on this book. The stories stuck out to me the most and how she used them so well to illustrate the subject of each chapter. One thing I never had thought of before was to "feel all your feelings." I think by recognizing how you are truly feeling about any situation opens up the door to truly being able to know how to react and proceed with any situation in the most positive and helpful way possible. There are many more gems in this book to be discovered and used in life. I enjoyed the book.

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## **Kate M. Colby says**

*8 to Great: The Powerful Process for Positive Change* entered my life through my office's employee development program. M.K. Mueller is a Kansas City local, so the boss thought we should support locally and give her program a try.

Overall, the "8 to Great" process is nothing but old self-improvement advice repackaged in a trendier way.

The formatting of the program is effective, as each of the eight "High-Ways" builds upon the ones before it to lead the reader to his/her highest self. Each chapter covers a different "High-Way" and follows the same structure, which makes the information within easy and comfortable to ingest. However, some of the language, specifically the puns and plays on words, make the book feel cheesy and forced.

My biggest problem with this program is that several of the "High-Ways" contradict one another. For example, High-Ways 5 and 6 tell the reader that, when someone is mad at him/her, that person is just feeling his/her "angergy" and that nothing that person feels is a result of the reader or his/her actions. However, High-Way 3 informs the reader that he/she must take "full-responsibility" for his/her actions. Clearly, one is not actually taking full responsibility if one denies the impact one's actions have on others. This is just one example of *many* ideological conflicts from this program.

To conclude, here are my brief reviews of each "High-Way:"

### **High-Way 1: Get the Picture**

I agree that being able to state one's goals clearly and visualize them helps in their attainment. However, I cannot buy into the idea that *simply* visualizing them is enough to make the universe manifest them for you.

### **High-Way 2: Risk**

The tenants of this High-Way hold for me. One must take risks in order to change one's place in life, whether they be big or small. This chapter is a great pep talk for people who need to get off their butts and get in motion.

### **High-Way 3: Full Responsibility**

This chapter is something many people need to read: own up and take responsibility for yourself, your actions, and your own happiness.

### **High-Way 4: Feel All Your Feelings**

In this chapter, Mueller maintains that all feelings are neutral: not good, not bad, they just are. Moreover, she encourages the reader to use feelings like sadness and anger as energy to fuel the reader's ambitions. While easier to say than do, I like the point she is making.

### **High-Way 5: Honest Communication**

I believe this is the most useful chapter of the program. It suggests specific strategies that can be used to improve one's communication in almost every social relationship as well as with one's self.

### **High-Way 6: Forgiveness of the Past**

While everyone knows the now-Disneyed adage, "Let it go," this chapter is somewhat unique to other forgiveness advice. It offers simple exercises the reader can undergo in order to work toward forgiveness, which seem like they could truly be helpful. However, I would add: don't forget to take responsibility for the harm you may have caused others.

### **High-Way 7: Gratitude for the Present**

As with the other chapters, this one is nothing new. However, creative and artistic types should glance through it for tips on finding inspiration in even the most mundane aspects of life.

### **High-Way 8: Hope for the Future**

This concept, I did not like. I agree that hope is good and maintaining optimism is important for one's well-being. However, Mueller markets hope as a cop-out for when "getting the picture" doesn't magically

manifest one's dreams. In short, she defines hope as surrendering to the universe and trusting that eventually one's goals will be fulfilled in some way...without one having to lift a finger. Maybe I just didn't drink enough of the Kool-Aid, but I believe that people need to use hard work and hope *together*, not just hope on its own, to manifest their dreams.

In short, this book is well-structured and an easy read. As long as the reader doesn't think too critically about the information provided, I see no reason why this program could not teach one new skills and improve one's life and outlook.

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### **Kathy Riley says**

Phenomenal! I learned a lot about myself and how I can lead a more meaningful life! Not just for me, but for my husband, my kids, my students, and anyone that I come in contact with. My heart is full:)

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