

THE FOUR PRIORITIES: Life is Too Short to Get it Wrong!

Book Profile

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A new book by Dr. John Tolson and Larry Kreider provides a four-step introspective process for applying wellness-centered principles that revolutionize life. The book, *The Four Priorities: Life is Too Short to Get It Wrong*, confronts life's voids and challenges and demonstrates how to "get it right" through personal growth, self-valuation, relationship building and community connections.

The Four Priorities uses a creative mix of real-world case studies and analogies to identify with readers. It measures your "got right" factor and forces the answers to tough questions such as, "Have you left an imprint on the lives of people and your community?" Then it presents a pathway to achieving the following four priorities which characterize a successful, balanced way of life.

- Priority 1: A personal, progressive commitment to faith
- Priority 2: A personal, progressive commitment to yourself
- Priority 3: A personal, progressive commitment to relationships
- Priority 4: A personal, progressive commitment to the community at large

As the authors take readers through these four categories of life, they provide hands-on tools at the end of each chapter, such as a list of *Daily Reflection Questions*, which can be used for individual reading or discussion groups.

There are 40 chapters with 40 topics and outlines that have been designed to be read in 40 weeks or in study workshops. The authors intend for those who complete the material to be equipped with the right outlook on life so that they can make the greatest impact on their family, community and the world.

The Four Priorities was originally created in 2003 by Tolson and Kreider as a study curriculum used for The Gathering, a men's national networking and community service organization founded by Tolson in 1978. The authors have adapted the material into its current workbook style with the objective of teaching the principles on how to become a person of high impact. The goal is for the book to be used in seminars and study groups in 15 cities within the next decade.



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