



# **Peaks and Valleys: Making Good and Bad Times Work for You--at Work and in Life [Unabridged CD-Set] (AUDIO CD/AUDIO BOOK)**

*Spencer (Author); Johnson*

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Peaks and Valleys is a story of a young man who lives unhappily in a valley until he meets an old man who lives on a peak, and it changes his work and life forever. Initially, the young man does not realize he is talking with one the most peaceful and successful people in the world. However, through a series of conversations and experiences that occur up on peaks and down in valleys, the young man comes to make some startling discoveries. Eventually, he comes to understand how he can use the old man's remarkable principles and practical tools in good and bad times and becomes more calm and successful himself. Now you can take a similar journey through the story and use what you find to your advantage in your own work and life. In the story of Peaks and Valleys, and in the bonus audio interview with Spencer Johnson, sharing exclusive insights on how to put these principles to work -- you will discover how you can: Get Out Of A Valley Sooner Stay On A Peak Longer Have More Peaks And Fewer Valleys

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