



The 1% Rule

How to Fall in Love with the Process and Achieve Your Wildest Dreams

by Tommy Baker



Non-Fiction - Self Help

292 Pages

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Book Review

Reviewed by Jamie Michele for Readers' Favorite

The 1% Rule: How to Fall in Love with the Process and Achieve Your Wildest Dreams by Tommy Baker is a guide for anyone who has ever found themselves to be little more than a hamster in a wheel, running in circles but never actually getting anywhere. Within Baker's highly informative and motivational book, he dispels the myths of the success we see in everyday sound bites (such as, "Success comes in a moment - and can happen overnight") and helps propel readers with the right tools to get onto the path they've been searching for. Over the course of fourteen meticulously detailed chapters, The 1% Rule quickly becomes greater than just an idea, in reality, for those readers who have the tenacity to change their habits and mindset, a dramatic shift from the 'being the exception' to 'being the rule' becomes entirely possible.

For me, the most intriguing chapter was seven - Endurance - where Baker outlines issues in today's fast-paced lifestyle of instant fulfillment, and how this impacts our ability to win the long game. "Fall in love with delayed gratification," it reads. My app-loving heart sank in shame and I slowly set the phone down before ordering a fast food delivery. All right, not really...but it's not terribly far off the mark. The truth is that most of us do need to re-cultivate our ability to endure. To experience. To sustain. Certainly, with a road map such as The 1% Rule: How to Fall in Love with the Process and Achieve Your Wildest Dreams, we have a decent shot at finally getting off that hamster wheel.