

**WIN YOUR  
INNER BATTLES**

Defeat The Enemy Within and Live  
With Purpose



DARIUS FOROUX

## Massive Life Success

Live a Stress-Free Life and Achieve Your Goals by  
Dealing with Anxiety, Stress and Fear

by Darius Foroux



Non-Fiction - Self Help

Kindle Edition

Reviewed on 09/06/2015

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## Book Review

**Reviewed by Roy T. James for Readers' Favorite**

Massive Life Success: Live a Stress-Free Life and Achieve Your Goals by Dealing with Anxiety, Stress and Fear by Darius Foroux is all about achieving a healthier and wealthier life by identifying and conquering fear. Though we have no control over the events of life, we have total control over our actions, how we respond. He therefore proposes a seven-step method to defeat fear, the primary cause of inaction or improper reaction. Each step is explained well, using examples appropriately. The book also provides a beautiful summary at the end for easier comprehension. Books for further reading are also mentioned that should be read by every person who wants to improve their life.

Massive Life Success by Darius Foroux is a stimulating book and a good read. Once we know how our brains are wired and why we feel fear, we can start the battle. This enables us in managing things we are afraid of in daily life and volunteering leadership. "Before you become a leader, success is all about grooming yourself. When you become a leader, success is about growing others" quite succinctly puts across the message of this book. This book thus provides the reader with the necessary inspiration on how to lead effectively, building new bridges, and establishing a vision for the future. This book examines the salient features of leadership and how these should be modulating your ideas of leadership. Though I found it well organized and thorough, a discussion on how to handle failures ie. what to do when things go wrong would have been a welcome addition.