



Successful People are Full of C.R.A.P.: A Step-by-Step Guide to Getting it Together And Achieving Your Dreams

Rachel Luna

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Have you ever looked at the successful people you admire and wondered — How do they do it? The freedom. The wealth. The underlying sense of purpose. **Successful People Are Full of C.R.A.P** has the answers, and they may surprise you. Rachel Luna, international success coach and owner of TheTailorMadeLife.com, created this action-packed guide based on her work with hundreds of women who all without a doubt had one thing in common: they wanted **more**. While many of us believe successful people are inherently “different,” Rachel’s road to fulfillment convinced her otherwise — they were full of **C.R.A.P.**

Courage: Seeing your fears for what they really are and moving forward in spite of them.

Resilience: Strengthening your spirit and teaching yourself how to bounce back quickly.

Authenticity: Living the dream YOU’VE always wanted, not someone else’s.

Perseverance: Walking through feelings of resistance.

In this book, Rachel takes you step-by-step through the process of planning, achieving and celebrating the life you’ve always wished for. She’s also included a series of interviews with some of her favorite success stories — Marie Forleo, Fabio Viviani, Shama Kabani, Sergeant Major John Estrada & more — to provide real life C.R.A.P. examples.

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