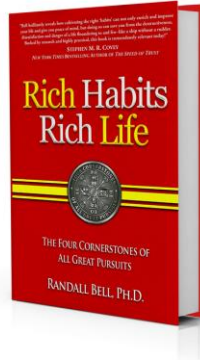


# Praise for *Rich Habits Rich Life*

**Randall Bell, PhD**



“I thoroughly enjoyed reading this wonderful book because it brought to mind something my father, the late Dr. Stephen R. Covey, would often say: “Peace of mind comes when your life is in harmony with enduring principles and values and in no other way.” *Rich Habits, Rich Life* does exactly that. Based on the Four Cornerstones of “Me We Do Be,” Bell brilliantly reveals how cultivating the right “habits” can not only enrich and improve your life and give you peace of mind, but doing so can save you from the destructiveness, dissatisfaction, and danger of a life floundering to and fro like a ship without a rudder. Backed by research and highly practical, this book is tremendously relevant today!

– **Stephen M. R. Covey** – *New York Times* Bestselling Author of *The Speed of Trust* and Co-author of *Smart Trust*

“Eye-opening . . . Randall Bell’s *Rich Habits, Rich Life* is as inspiring as Napoleon Hill’s classic *Think & Grow Rich*.”

– **Steve Alten** – *New York Times* Bestselling Author

“Our life is made up mostly of our habits. Therefore we’d better choose them mindfully and cultivate them wisely. In this brilliant book Randall Bell picks for us the (demonstrably) most beneficial habits in all domains of life—from inner to social to environmental to financial. I couldn’t put the book down.”

– **Dr. Piero Ferrucci** – Bestselling Author, *The Power of Kindness*

“From the homeless to the billionaires, Rich Habits, Rich Life helps us all understand the true meaning of success and how to attain it in our own lives. This book is creative, beautifully written, and based on solid scientific and personal research. Pick up a copy. It’s a winner.”

– **Donald T. Phillips** – Bestselling Author, *Lincoln on Leadership*

“A fascinating blend of personal anecdotes from Dr. Bell's vast professional experience interspersed with powerful quotes, insights and a timeless list of valuable habits designed to improve ANY life. There are many golden nuggets in here.”

– **Robert G. Allen** – #1 *New York Times* Bestselling Author of *Creating Wealth, Nothing Down, Multiple Streams of Income* and co-author of *The One Minute Millionaire*

“Rich Habits shows how the little things we do can have a dramatic impact on our quality of life; it’s that one small adjustment that can make the difference between winning and losing. Read, learn, and act on the great information provided in this book.”

– **Bob Proctor** – Bestselling Author, *You Were Born Rich*

“Dr. Bell, with his fascinating graduate and professional training in both Sociology and Economics has a unique perspective on the internal and external driving forces that create success or failure in our lives . . . and our culture. The opening of his book automatically captured my attention with the promise of drawing links between many of the seminal events that have shaken our nation in recent years and thus offering the potential of providing some answers as to “WHY?” which he does with consummate skill. This is a work we should all take a look at, both in terms of our personal lives but in a broader sense, the potentially dangerous trajectory our nation is on as well and how to change that course.”

– **William R. Forstchen** – *New York Times* Bestselling Author

“Randall Bell shares with us a winning strategy for being successful in our life. He breaks this strategy down into four easy-to-implement tools to quickly jump start your success. I especially enjoyed the “We” technique because it make a challenging principle easy to understand and implement. Great read, great success tools!”

– **Ed Sykes** – Author, Success Coach, Motivational Speaker, The Sykes Group

*“Rich Habits Rich Life* should be given to every incoming freshman at orientation. It’s a bible of brilliant information that’s beneficial in and out of college.”

– **Rudy Chavarria Jr.** – Founder, College Web Media

“With chapters titled: “Stand for Something”, “The Next Step for Me” and “Pick a Target” this book isn’t all motivation, its advice from someone who has studied behavior at places like Chernobyl, the World Trade Center and on the OJ Simpson trial. ...this book does make you think and Dr. Bell gives a logical approach to someone that is trying to get their life back or in some instances take their success to a new level.”

– **Rick Limpert** – Sports Tech Writer, Yahoo Sports, CBS, Atlanta Journal-Constitution

“Socio-economist, Randall Bell, PhD, brings his consulting experience to draw a fascinating study about success. The author covers four habits that are “cornerstones of all great pursuits.” Bell begins by explaining a habit and how a positive adjustment to the habit can become life changing. Got questions about your life? *Rich Habits Rich Life* meets you at the intersection of intellect, spiritual and philosophical. Dr. Randall Bell leaks the vault combination of unlimited solutions you can tailor and tweak. It’s a weekend read that changes your vision to claim personal greatness sitting idle. I’m starting Monday morning with enough excitement to live dreams with eyes wide open. *Rich Habits Rich Life* spells out how to improve the conditions in your life by the quality of your thoughts. Begin rewriting your life-script, you just got a new Lease on Life!”

– **Francene Marie Morris** – KISS 95.1 Executive Producer and Radio Host, The Francene Marie Show

“*Rich Habits Rich Life* is required reading for every college student majoring in business, for every graduate student in an MBA program, for everyone in and running a business, and for all who want to be intelligent and balanced thinkers. Dr. Randall Bell addresses the facts, the practices, and the total person in business so he or she will be complete in any decision-making process. This book ends naiveté, which no intelligent adult can afford to be when desiring success on all levels.”

– **Lindsey Novack** – Nationally Syndicated Workplace Columnist

“Your daily habits may count for more than you think when it comes to being successful. Dr. Randall Bell has analyzed the results of a survey and finds there is a correlation between the two issues.”

– **Susan Yackee** – National Radio Host, Voice of America

“If you open the book and feel like you should just skim the chart boxes to read the “habits” - DON’T. Reading the whole book gives you a glimpse into the author’s mind and true intentions. ... it’s clear that the author has led a purposeful life and he wants to share that gift with others. Dr. Bell holds many pieces to today’s world puzzle in his experiences, and since history often repeats, we’d be fortunate to gain from that wisdom before we repeat any of the major tragedies.”

– **The Suburban Jungle Blog**

“Randall Bell’s latest book is indeed a landmark! In today’s turbulent times many are on a paper or material chase and as such have been tempted and pick up bad habits on the way. This new book is a must read to breakthrough for all who aspire success in life and family the right way!”

– **Oliver Ho** – Principal, Institute Global Management

“This landmark research detailed the daily habits of professionals, students, stay-at-home moms, retirees, the unemployed and millionaires - and scientifically identified the link between everyday habits and various measures of success. What is so compelling about Rich Habits is that it lets us define what success means to us individually, while looking at the foundational elements that apply to us all.”

– **Sandra Pesmen** – Palm Beach Post and Fresno Bee

“Rich Habits is filled with wisdom, insight, and practical strategy for happy, productive living. Good for all walks of life, wherever you find yourself on the spectrum, from homeless to living your dream, this book has something to offer.”

– **Jon Wilcox** – CEO, California Republic Bank

“Bell does a nice job of reminding us of important things that will enrich our lives. His organization of the material into the four cornerstones of “Me We Do Be” is innovative. The challenges presented at the end of each section provide concrete examples of things we can do to benefit ourselves and our communities.”

– **Michael Sanders** – CEO, Pacific Realty Advisors

“Randall Bell has traveled the world and seen many things, good and bad. He has a PhD in Human Organizational Systems and an MBA from UCLA, not to mention twenty-five years worth of experience consulting on tragedies around the world, like the 9/11 World Trade Center disaster, the Bikini Atoll nuclear testing, the Heaven’s Gate mass suicides, and the OJ Simpson case. He is also an avid volunteer with youth groups and homeless people, not to mention a married father of four. All of these experiences add up to a life that could leave a man jaded about people and the world. That is not the case with Bell, though.

Throughout Bell’s book he offers examples of how people he has come across have made choices in their lives. These personal choices have often led to positive thinking and action and, in turn, a better place for the individual in the world, frequently despite huge hardships. Many sidebars site statistics highlighting rich habits and how they benefit a life.

Heck, I already eat dinner with my children every night, get a physical every year, and am working on writing a book. That means I might be on my way to a decent life already. Of course, there are a few areas that could still use some work and Bell has some persuasive arguments to that end. I might have to keep this book handy to keep my inspiration up when spirits flag.”

– **Katherine Krige** – A New Day Blog

“Dr. Bell’s four-part “Me We Do Be” model put this reviewer in mind of Stephen Covey’s habits of highly effective people approach with its four time management quadrants. However, with (this reviewer’s) own PhD in Russian language and literature she appreciated Bell’s more academic examples from Chernobyl, the 9/11 attacks on the World Trade Center, and other major world events. He favors the blunt all American wisdom of Benjamin Franklin and keeps his historical examples clear and relevant. Any reader at any level should find value in Bell’s rich discussion.”

– **Dr. Laura Wilhelm** – LauraWil Intercultural

“Randall shows us how our preparation can intersect with opportunity to create a life of joy, success and positive impact! Jump aboard the success express with the power of Rich Habits. You’ll be blessed by the journey through a Rich Life. I enjoyed every page.”

– **David Rawles** – President of CareerSolutions, Radio Show Host, Best-Selling Author of *Finding a Job God’s Way*

“Rich Habits Rich Life teaches us that we all have the brain power and energy to become successful in life, but we must first develop positive habits in order to live a life of abundance.”

– **Adam Seyum** – Music Connection Magazine

“You will want to add this book to your 7 Habits of Highly Effective People (1989), The Millionaire Next Door (1996), and Now, Discover Your Strengths (2001) reading list.”

– **Rick Soto** – Editor & Principal Analyst, The Journal for Innovation

“Unlike many self-improvement books that may focus on success in a monetary capacity, Rich Habits Rich Life presents case studies that support simple changes in habits and rituals, and these changes can be powerful tools applicable in all aspects of life. The studies are backed by proven scientific data that supports a higher elevation in core values, which in turn yields results in elevating one’s health, relationships, finances, and happiness. Rich Habits Rich Life is a rich read and a great resource to reflect back on from time to time.”

– **Linda Almini** – Founder & Publisher, Lifestyle Resources Magazine

“Rich Habits is filled with powerful lessons applicable to any age or profession. The concept of “Me, We, Do, Be” builds a foundation for a healthy, productive lifestyle.”

– **Michael Tachovsky** – Berkshire Hathaway

“*Rich Habits Rich Life* provides a concise approach to building and establishing a long-term path to a rich life.”

– **Sherrie Wilkolaski** – Editor-in-Chief, Luxe Beat Magazine

“As a navy seal, a complete set of skills are required for a successful mission. What I like about Rich Habits is that it lays out the framework for a complete game plan. This is a great book for anyone who wants an advantage in life or business!”

– **Peter Skeehan** – Former Navy Seal

“*Rich Habits Rich Life* gathers research covering the daily habits of a cross-section of successful people, from educators and professionals to full-time mothers, retirees... even the unemployed and the millionaire. While some of these groups have been studied in narrower scope, the unique focus of Rich Habits Rich Life is on the behaviors that lead to disaster or prosperity. It creates a powerful study that synthesizes some 25 years of the author’s behavioral research. The result is an eye-opener. It is recommended for any inquiring reader who would assess self and surroundings to identify the rituals leading to success.”

– **Diane Donovan** – Editor, Donovan’s Literary Services

“I put this on the A-List. Impressive, informative and thought-provoking.”

– **Kerstin (Kiki) Haakonson** – Miss Sweden, Miss World & Mother of Three

“From the very beginning *Rich Habits Rich Life* had my full attention. Dr. Bell extensive and fascinating education and work experience – from counseling homeless to the most powerful companies around the world, is transmitted in a simple, yet powerful way of how we can improve our lives to the better by changing daily habits, and cultivating the right ones. This is an amazing book that we should all read, take notes, and act on to benefit in all aspects of life – from financial to social to peace of mind.”

– **Taybele Piven** – BizClik Media

“Rich Habits sets forth a complete, intelligent framework. It cuts through the fluff of most self-development books and delivers proven strategies for both individual and organizational growth.”

– **Michael L. Lowe, PhD** – Professor, Georgia Tech University