

# **BETTER HUMAN: IT'S A FULL-TIME JOB BY RONDA CONGER**



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## Review

In her energetic self-help debut, Conger offers familiar ideas for personal improvement and success.

Splashed with bold color designs and action photographs of people—like a woman with outstretched arms in a field of bright yellow flowers—Conger’s exuberant pep talk feels like a warm and fuzzy motivational poster. Many of the colorful pictures include inspirational quotes, such as these attributed to Estée Lauder: “I never dreamed about success. I worked for it.” Indeed, hard work and grit are the cornerstones of Conger’s message, one often tinged with humor. A photo of a pretty young woman asleep in bed is accompanied by the message, “GET THE F\*%@% OUT OF BED.” Conger also jokingly compares the Broadway musical *Annie* to her own “hard knock life.” When Conger was 3, her mother died, and she had a turbulent adolescence. But she didn’t let hardship stop her from reaching her goals. This slim, easy-to-flip volume offers familiar concepts for self-improvement, such as becoming a more loving person (the author suggests smiling at cashiers) and learning gratitude. Conger’s upbeat kaleidoscope of advice isn’t a step-by-step guide, but it does have some usable ideas. For example, to cultivate a grateful heart, Conger suggests sending 10 thank-you cards to people and keeping a “gratitude journal.” Likewise, she recommends Dr. B.J. Fogg’s “Tiny Habits” (and reading for four minutes a day) to foster positive life habits. The author’s voice is friendly, and she sometimes addresses readers directly when making a point: e.g., “Are you ready for it?” She also offers book recommendations, like *Smile and Move* by Sam Parker, and thought-provoking items, such as the “How Not To Be Thankful” poster by Mark Russell available on her website. Readers looking for in-depth discussion might not be sated, but those without a lot of reading time can find inspiration in Conger’s quick, cheerful words.

Easy-reading thoughts to ponder in an eye-catching design.

Kirkus Reviews

## About the Author

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Business woman, professional speaker, and now author of two books: Better Human and Better Thinking, it's been rumored her high energy and passion come from shot gunning red bulls daily, but she'll tell you it comes from her incredibly hot husband, Jim Conger (just ask her) and her 13- and 17-year-old sons.

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Learn the secrets behind becoming a better human. One thing that's not a secret? Doing so is a full-time job. It takes discipline to become a better human in your own life. Better Human is not just a book; it's a branded movement to help you excel at everything you do in life.

Whether you're an executive, employee, stay-at-home mom or entrepreneur, Better Human gives you the knowledge and direction to adjust the very fabric of your life. Ronda Conger practices what she preaches by leading, inspiring and sharing what she has learned with others. Her book and the Better Human movement will show you the way.

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## Most helpful customer reviews

0 of 0 people found the following review helpful.

A unique approach to personal growth and success.

By John Martin

*Better Human* is one of those rare books that is both entertaining and informative. The author, Ronda Conger, is a builder, public speaker and head of an organization that promotes her ideas ([www.betterhuman.today](http://www.betterhuman.today)). She begins the book with some facts about herself, including that her mother died when she was three years old and that after graduating from high school she went to Canada to begin a working career. The book is divided into 13 chapters each of which essentially supports the idea that positive thinking is the key to a successful life. There are chapters on such topics as the importance of love, gratitude, the value of hard work, the importance of surrounding yourself with positive thinking friends and being in a positive environment, and similar upbeat themes. The book is written in an informal style with lots of colorful inserts. I found it easy to read and finished within one hour. Of course the value of the book is to apply the information to your life. There are a number of books and websites you can access for this purpose and small tests you can take. There also are some catchy expressions such as, “Be a pilot, not a passenger,” and “Life is like an elevator, sometimes you have to stop to let some people off.” I do take issue with one of her conclusions, namely that the best NBA teams are those in which the players touch each other the most. She cites the Los Angeles Lakers, who have been one of the worst teams in the league for the past three

years and Kevin Garnett, widely regarded as one of the most disliked players in the league, as her examples.

I rate the book at four stars and not five because Ms. Conger is essentially going over the same ground as other positive attitude books and her approach is too over the top for me to take seriously. At the same time I do think people can benefit from the advice given in this book and I recommend buying it, reading it and applying it to your life.

1 of 1 people found the following review helpful.

So motivating I can hardly sit still while reading it!

By Amazon Customer

This book is so inspirational and motivating...it's great hearing the story of someone who started at the bottom and had to work her way up! So many of us share these same types of growing pains, but it takes a lot to overcome them and make the most out of the hard times. Great job, Ronda! I recommend this book to anyone who needs a little kick in the ass to make themselves a better human, with a better life.

1 of 1 people found the following review helpful.

Fun, Positive, Motivating

By Jesse

This is an amazing book. I was hooked from start to finish. Each chapter transitioned smoothly! This is the first book I literally couldn't put down. I finished it in one sitting! Ronda found a way to have me actually do the interactive activities that the book offers! The lessons are strong and stick! Thank you for such a fun, positive and motivating experience. Well done!

See all 31 customer reviews...



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