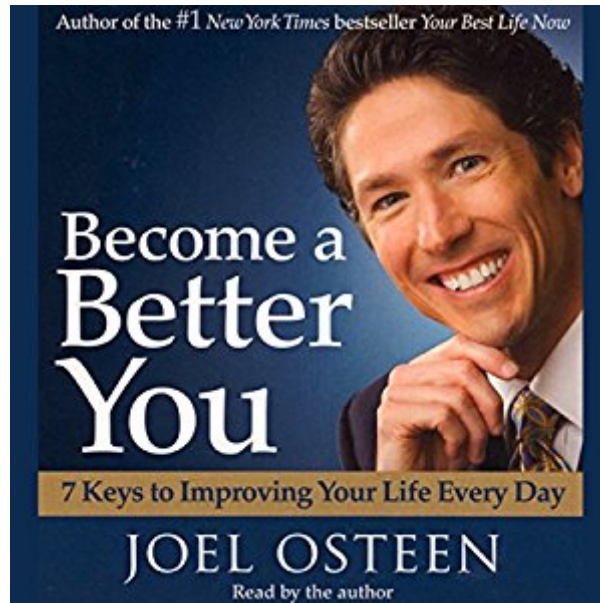


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# Become A Better You: 7 Keys To Improving Your Life Every Day



## Synopsis

Now in paperback, after five months on the New York Times bestseller list, with more than 1.5 million copies sold, Joel Osteen's *Become a Better You* inspires readers to live a life filled with hope, purpose, and victory. Joel Osteen reaches one of the largest audiences in the U.S. "more than 40,000 people attend his church every week, and millions more tune in by television. His message in *Become a Better You* is one of hope, helping people find a closer connection with God by applying the principles of Scripture to their everyday lives. America's best-known pastor helps people to look outside of themselves to become better spouses and parents, better colleagues, better community leaders, better friends, and better encouragers. *Become a Better You* offers seven simple yet profound actions that help readers discover the better things they were born for: their personal purpose and destiny. Incorporating biblical principles, devotions, and personal testimonies, Osteen speaks directly to the hearts and concerns of people from every walk of life. *Become a Better You* will encourage and inspire readers to reach their full, unique, and God-given potential. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I was so impressed with this book because of the many practical and Biblical suggestions contained in it. I highly recommend this to anyone! I found myself taking notes as I read to make a list of specific things I want to do right away to become a "better me." I have been a born-again Christian for 47 years of my 54 and still feel like I learned much from reading this book. I was also relieved to find it wasn't at all boring. A few chapters in the beginning went slow for me because they didn't

really apply to my life, but others may find them to be very useful and helpful. I truly enjoyed reading this book in less than a week. I can honestly say there was nothing in it that I disagreed with. I haven't read many self-help books, but this one is GREAT! I was very encouraged by some of the things he mentioned such as: 1) Keep stretching because my best days are yet to come. Your best days are not behind you, they're in front of you. (I am 54 so this is very encouraging to me) 2) Develop a Habit of Happiness. Choose to put a positive spin on things and be happy—even in bad circumstances. 3) Remember who you are and act accordingly—child of God Almighty, redeemed, talented, creative, have potential to fulfill your destiny. 4) Find work you are passionate about. 5) Relationships are more important than accomplishments. Build others up—compliment someone each day. Be the head cheerleader and encourager for your spouse. 6) Leave places better off than they were before I came by. 7) Celebrate other people's victories. 8) Keep a running record of the good things God has done for you.

"You have something to offer that nobody else has." ~ Joel Osteen  
Joel Osteen presents a message of hope. Through his experience as a pastor he has encountered problems people have struggled with since the beginning of time. No matter what situation you find yourself in, Joel Osteen has a spiritual solution. He draws on biblical references and his own inner wisdom and life experiences. One of the major points in "Becoming a Better You," is the issue of how to change defeating messages into life-changing affirmations. Instead of focusing on weaknesses and faults, you learn to speak to yourself in more positive ways. "Becoming a better you is all in how you choose to view life." ~ Joel Osteen  
The section on overcoming hereditary problems with a positive mindset is enlightening and very helpful. Some very convincing stories show how humans have the ability to overcome illness just by thinking differently about the problem. Joel Osteen encourages you to stop dwelling on negative thoughts so you can reach your full potential. In order to fulfill your destiny you have to leave your past mistakes behind you as you reach into the future by following spiritual wisdom. Some of the areas covered in this book include: divorce, parenting, marriage, addictions, relationships, illness, lifestyle choices, goals, happiness, habits, handling criticism, peace, dreams, kindness, success, God's love, blessings, career choices, health, aging, forgiveness of sin, compassion, challenges, miracles and self-improvement through a deeper relationship with God. Each section ends with "Action Points." "Today I will reach for something beyond where I am presently."

One of the great pleasures of this book for me was to re-read many of my favorite sermons by

Pastor Joel Osteen. No matter how many times I've listened to a sermon that's included here, the Holy Spirit helped me to draw new meaning from reading it in *Become a Better You*. Another great benefit was to see the structure that Pastor Osteen used to organize these sermons relative to one another. Just by seeing that structure and thinking about it after finishing the book, I better understood the process of sanctification (the way that Christian believers go about becoming more like Jesus through the power of the Holy Spirit). People who don't know Jesus as their Lord and Savior often think that Christianity is simply about accepting or rejecting Jesus. That's the first step, the step of salvation from our sins. But our relationship with Jesus builds from there through sanctification. Those who aren't Christians often don't know what large impacts becoming saved and sanctified have. This book is eloquent testimony of how much Christianity does for you here on Earth, long before you die. Through the many stories (many of them based on his own experiences and those of his family) in the sermons, Pastor Osteen does a marvelous job of showing that transforming experience and potential for even more improvements. The 31 sermons are organized around seven steps which I have paraphrased as follows: 1. Seek continual improvement and larger challenges. 2. Use your faith to have a positive view of yourself. 3. Improve your relationships with others. 4. Eliminate bad habits and form better ones. 5. Accept your situation. 6. Listen more carefully to and act on God's directions. 7.

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