



Your Best Life Now: 7 Steps to Living at Your Full Potential

By Joel Osteen

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10th Anniversary Edition: Updated with New Chapter & Foreword

Pastor Joel Osteen asks everyone to examine what he or she really believes. Why is this important? Because we will become what we believe. Our beliefs will prove either a barrier or vehicle as we strive to go higher, rise above our obstacles, and to live in health, abundance, and victory.

In YOUR BEST LIFE NOW Osteen says, "I am what I am today because of what I believed about myself yesterday. And I will be tomorrow what I'm believing about myself right now. God sees us as more than conquerors, able to fulfill our destiny. We need to see ourselves through the eyes of our Creator." He says that our self-image should mirror exactly what God says about us, not what we feel or think. And he encourages readers to be people of faith, for if you can see the invisible, God will do the impossible.

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Your Best Life Now: 7 Steps to Living at Your Full Potential By Joel Osteen Bibliography

- Sales Rank: #68469 in Books
- Brand: FaithWords/Hachette Book Group
- Published on: 2014-08-05
- Released on: 2014-08-05
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.25" w x 6.50" l, 1.18 pounds
- Binding: Hardcover
- 336 pages

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Editorial Review

Amazon.com Review

Houston televangelist Joel Osteen is well qualified to write this book, having used the seven principles he shares to achieve his own "rags-to-riches" story. At the heart of Osteen's message is that achieving a successful, prosperous life of fulfillment can only occur when we stop worrying about the past or future to make the most of each present moment by using our God-given strengths and talents to achieve our goals. The key to doing so are the seven steps Osteen outlines: Enlarge Your Vision, Develop a Healthy Self-Image, Discover the Power of Your Thoughts and Words, Let go of the Past, Find Strength Through Adversity, Live to Give, and Choose to Be Happy. Mixing biblical teachings with his own personal experiences, Osteen explains each of these seven steps in an encouraging, optimistic manner that makes them accessible to anyone interested in principles of personal growth. Although written with a Christian slant, the seven steps Osteen shares will have value to anyone wanting to know more about practical steps of self-betterment, regardless of their denomination.--*Larry Trivieri Jr.*

From Publishers Weekly

Houston megachurch pastor and inspirational TV host Osteen offers an overblown and redundant self-help debut. Many Christian readers will undoubtedly be put off by the book's shallow name-it-and-claim-it theology; although the first chapter claims that "we serve the God that created the universe," the book as a rule suggests the reverse: it's a treatise on how to get God to serve the demands of self-centered individuals. Osteen tells readers that God wants them to prosper, offering examples of obtaining an elegant mansion or a larger salary ("don't ever get satisfied with where you are," he cautions). In seven parts, he details how readers should enlarge their vision, develop self-esteem, discover the power of thought, let go of the past, find strength through adversity, give back to others and choose to be happy. The section on giving comes as too little, too late—Osteen's message to remember others and "get your mind off yourself" flies in the face of the previous 200 pages. There are some good pockets of advice, such as letting go of past hurts and avoiding bitterness. Editorially, the book would have packed more of a punch if a third of its repetitive slogans and stories had been pruned. Theologically, its materialism and superficial portrayal of God as the granter of earthly wishes will alienate many Christian readers who can imagine a much bigger God.

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About the Author

Joel Osteen is the senior pastor of Lakewood Church in Houston, Texas. Listed by several sources as America's largest and fastest-growing congregation, Lakewood Church has approximately 45,000 adult attendees every week. Millions more watch Joel's messages as they are broadcast on national and international television networks. He resides in Houston with his wife, Victoria, and their children. You can visit his website at www.joelosteen.com

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