



Zero to Breakthrough: The 7-Step, Battle-Tested Method for Accomplishing Goals that Matter

Vernice Armour

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"Hang on and watch your life take flight with FlyGirl!"

-Marcia Wieder, CEO and Founder of Dream University

Before she was thirty years old, Vernice "FlyGirl" Armour had become a decorated naval aviator, Camp Pendleton's 2001 Female Athlete of the Year and Strongest Warrior winner, the first female African-American on Nashville's motorcycle police squad, and a member of the San Diego Sunfire professional women's football team. She's a force to be reckoned with, and she believes that women and men from all walks of life have the potential to achieve the highest levels of success with the right flight plan. In *Zero to Breakthrough*, Vernice turns aspiration into action by revealing how to create the path that will get you out of your rut on onto the runway - cleared for take off.

Armour firmly believes that there is no such thing as a dream out of reach. Integrating the foundational concepts of a Breakthrough Mentality™ like preparation, strategy, courage, legacy, and the importance of high spirits and enthusiasm, *Zero to Breakthrough* helps readers build a sustainable inner force and conviction that result in accomplishing significant goals and becoming an extraordinary member of any business or community. Packed with hard-hitting advice and amazing anecdotes from her adventures on the battlefield and in business, you'll learn strategies like how to:

- *Stop procrastinating and prepare to lay the groundwork for success
- *Execute situations with self-discipline to achieve mastery
- *Acknowledge and move past obstacles & challenges
- *Feel fear and use it to keep charging, and much more

Whether you want to jump up the corporate ladder, start your own business, or develop a passion into a livelihood, *Zero to Breakthrough* will get you there. For anyone seeking a more fulfilling life, Armour has the ultimate launch pad.

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William Riser:

As people who live in often the modest era should be update about what going on or information even knowledge to make these people keep up with the era that is always change and make progress. Some of you maybe will probably update themselves by looking at books. It is a good choice in your case but the problems coming to anyone is you don't know what one you should start with. This Zero to Breakthrough: The 7-Step, Battle-Tested Method for Accomplishing Goals that Matter is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

Jo Melvin:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Zero to Breakthrough: The 7-Step, Battle-Tested Method for Accomplishing Goals that Matter, you could enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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