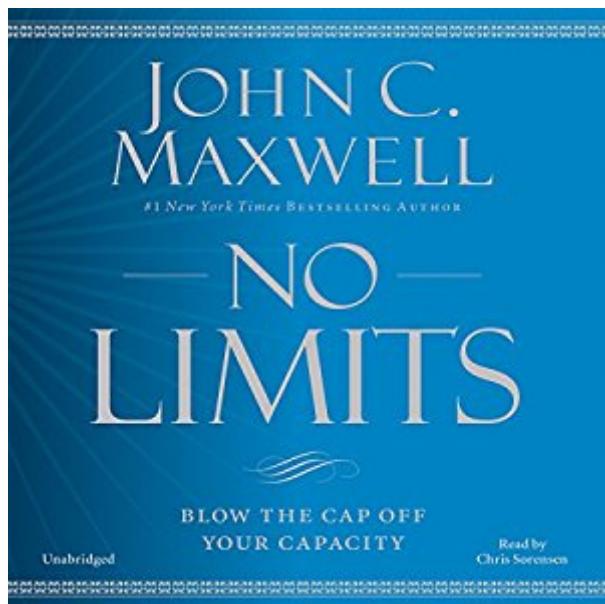


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# No Limits: Blow The CAP Off Your Capacity



## **Synopsis**

Number-one New York Times best-selling author John C. Maxwell's latest book will enhance the lives of leaders, professionals, and anyone who wants to achieve success and personal growth. We often treat the word capacity as if it were a natural law of limitation. Unfortunately most of us are much more comfortable defining what we perceive as off limits rather than what's really possible. Could it be that many of us have failed to expand our potential because we have allowed what we perceive as capacity to define us? What if our limits are not really our limits? In his newest book, John Maxwell identifies 17 core capacities. Some of these are abilities we all already possess, such as energy, creativity, and leadership. Others are aspects of our lives controlled by our choices, like our attitudes, character, and intentionality. Maxwell examines each of these capacities and provides clear and actionable advice on how you can increase your potential in each. He will guide you on how to identify, grow, and apply your critical capacities. Once you've blown the cap off your capacities, you'll find yourself more successful - and fulfilled - in your daily life.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

Love all of John Maxwell's books. He is genuinely grounded man of Leadership and Mentoring. This book is just what I needed to read and hear right now.

I enjoyed this book. It was longer than his normal books but is well worth the investment of time. I

highly recommend this book.

I have read many books from Maxwell and learned a lot from him. The wisdom that flows from him is amazing. This books is no exception. He is a great communicator and illustrator.

In NO LIMITS: BLOW THE CAP OFF YOUR CAPACITY, John Maxwell presents a giant assortment of hugely encouraging ideas. Here’s the theme of this book: To really grow your capacity, you must be AWARE, DEVELOP ABILITIES, and make right CHOICES.

Here’s how the author puts it: AWARENESS + ABILITY + CHOICES = CAPACITY. After just a few minutes of reading, I actually felt more optimistic. Plus, it was obvious to me that the author really wants to help the reader. NO LIMITS is not just a “think positive” book. It’s very much an ACTION book. In fact, at the end of each chapter, are a series of questions to ponder. The idea is to apply your own situation to the “Capacity” questions and then take action. The author presents a list of “capacity” areas, and how best to improve them. If you’re not very creative, John has an entire chapter focused on improving creativity. Out of energy? There’s a whole chapter on that. Have trouble thinking deeply? Better read the chapter on deep thinking. Keep in mind that there is a LOT to absorb in this book. I found it best to read some of the chapters, then pause to just let the points “sink in.” When I read the book, I bounced around a lot, selecting chapters that I thought would be most helpful to me. For example, I zoomed in on the section called, “Energy Capacity” • Your Ability to Push On

Physically. Here, the author suggests ways to discover what is draining your energy, and then ways to find what boosts your energy. Another great chapter was on TALENT, and using your gifts and abilities the best you can. The author recommends forgetting the “Anything is possible” myth. Gallup has proven with their studies on disengagement in the workplace that the anything-is-possible myth has led to many people spending years fighting uphill battles by doing what they’re not good at. Rather than wasting time in your weak areas, focus on what you are gifted at. Why not figure out what your natural strengths are and develop those for the benefit of yourself and others? Much of NO LIMITS involves stories and anecdotes about the author and his own experiences. We hear, for example, how John got the LOWEST score in a class measuring creativity. “In 1965, I was a freshman in college. One day in

my Psychology 101 class, we were tested for creativity, and when I got back the results, I was shocked to learn that I had tested at the bottom of my class. Well, that would have been a real ego-buster! So all in all, I found NO LIMITS to be a fun, encouraging read. I would have liked to see concise bullet point at either the beginning or the end of each chapter. That would have made the read a little bit easier. The book concludes with this affirmation: "I believe in you, and I believe in your ability to reach your capacity." Nicely stated! Advance Review Copy courtesy of the publisher.

This is an important book for achieving your potential. I love the book! It is well written by one of America's leading thought leaders. I recommend this book without qualifications to everyone. John Maxwell is a proven leader who is still working on building his potential. This book is text to speech Enabled giving you the opportunity to read or listen to the book. I feel that this excellent book could be useful to almost everyone. Eldon Edwards

John Maxwell books are always a hit with me. Practical advice for self-improvement modeled on biblical principles. Hard to go wrong with this one.

John Maxwell does not disappoint!

I just finished This great book by John Maxwell. Capacity is something we all want but few follow up to live up to what we are really made to be. This book will take you out of your comfort zone and help you to open up new found ways to reach those goals and become more aware of your no limit capabilities, I will be revisiting this book often for all the highlighting I did. A must read.

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