

## BOOK REVIEW – Radical Goal Setting by Suni Rose

Suni Rose

Radical Goal Setting

Bloomington: iUniverse, 2009

79pp. \$11.95

ISBN: 978-0-595-52053-4

Suni Rose has written a practical guide to achieving goals, based on theory and techniques espoused by Walter Wattles, Napoleon Hill and more recently the bestseller, *The Secret*. However, this how-to-manual, written in a laid-back user-friendly tone contains more metaphysical concepts, garnered in part from the author's PhD in metaphysics. It effectively clears up the notion that science and spirituality are discrete - the techniques offered are a blend of the two as she clearly explains the significance of their relationship. The author asserts, "In this is proof that science and spirituality, instead of being opposed to each other, both coexist in relation to each other." It's not simply an inspirational text, it's a 'get up and do this now' text, scattered with personal accounts and testimonies that make one instantly convinced of its veracity.

The science of goal setting is simple, yet important concepts need to be grasped when setting out to move the mountain. Suni is effective in imparting these 'truths' so that anyone, regardless of education can easily digest the essence of the teachings. And she explains why traditional goal setting doesn't work for many, why the need to get "radical," and the benefits of putting these techniques to work, which involve more than just personal advantages but also include the well being of the entire planet.

Metaphysical laws such as the Law of Attraction, the Law of Wealth and the Law of Karma are discussed in detail. Understanding these are imperative because as Suni advocates, a law is a law and doesn't have regard for morality or personality. An apple will fall from a tree according to the law of gravity regardless of whether it's 'good' or 'rotten.' Replete with checklists and questions (with space to handwrite answers), this can also be considered a workbook that one can actively use in the process of achieving. Its light, thin, paperback frame makes it easy to travel with and the cover alone is a work of art; the colors and sunset image coincide to create a visually appealing wrapper for the priceless morsels of wisdom contained within.

The author is also successful at including autobiographical clips of her life which show her human side and her gradual improvement both financially and emotionally through the use of these techniques. One gets the feeling that this is a human being behind the words, not a stuffy, self-righteous doctor. And this familiar, next-door-neighbor approach keeps the reading interesting, light and very enjoyable.

Twelve chapters of inspired and practical wisdom in an expository, yet surprisingly easy-to-read format makes *Radical Goal Setting* an amazingly smooth and pleasurable read. Keeping to the no-nonsense approach, the author gets straight to the point with phrases like, "in short, what we fix our thoughts on will be our reality." This text can be different things to different people, a manual to some,

a workbook to others, and a reference to still others. Its multi-faceted nature makes it easily recommendable; there aren't too many people who are *not* in need of achieving something they desire, and if one has read what they may think to be similar material in the past, this is not simply a repurposing of ancient theory, it is a modern, 'scientific' perspective written for the present time and with the current world environment in mind. It's a primer for the unhappy, fearful, and often negative masses who blindly accept the dominant view that the world is in shambles. And regardless of how one personally feels about the world situation, Suni recognizes and advocates the *action of detachment* which she says, "frees you from negative emotional influences." When one is finished reading this book, there is the stern and reality-charged acknowledgement that if you're not where you want to be, it's *your fault*. Now here's what you can do about it.