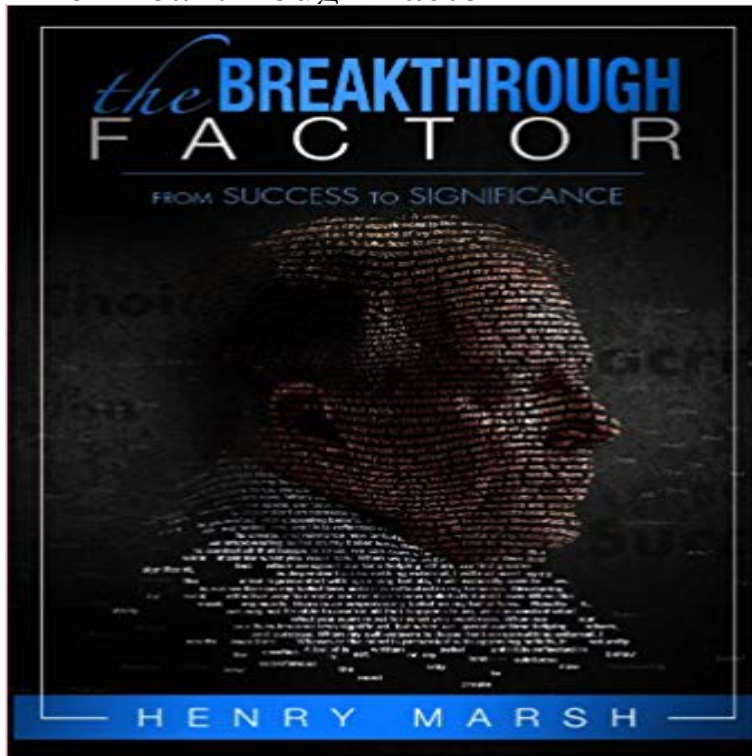


The Breakthrough Factor



For thirteen years while on four U.S. Olympic track teams, Henry Marsh competed in international track and field, setting four American records in the 3,000-meter steeplechase. He finished fourth, however, in his run for glory at the 1984 Olympics. What he learned in his repeatedly thwarted bids for Olympic gold is that the highest degree of reward and satisfaction is to be found in the unswerving pursuit of personal excellence rather than in merely winning a competition. During his days as an athlete, Henry developed a plan for aerobic training and stress reduction, later teaching this regimen in seminars, but soon perceived a need for a more comprehensive plan, one that revolved around a larger commitment to complete physical and emotional wellbeing. In *The Breakthrough Factor: From Success to Significance*, Henry revisits this plan, updating it with new insights gained through his experiences with Mona Viean international health and wellness company he helped to found. *The Breakthrough Factor* lays out the central belief that, in order to achieve high levels of success and satisfaction, one must focus on cultivating principle-centered behavior; that is, it is necessary to determine, on the individual level, what principles or values to live by so that we find the fulfillment and significance we all desire.

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