

BECOMING WHO YOU WANT TO BE

GUIDELINES AND
GOAL SETTING FOR
AN ENRICHED LIFE

Albert P. Cruz, PhD
with David Rytell

Fulfill Your Dreams!

Feeling stuck in your life? Unable to take action? *Becoming Who You Want to Be*, a new book by ALBERT P. CRUZ, PHD, will guide you toward replacing frustration and procrastination with steady progress in reaching your goals.

With guidelines and goal-setting methods, *Becoming Who You Want to Be* will help you:

- ◆ Develop practical ways to change your destiny
- ◆ Design well-balanced goals for every area of your life
- ◆ Cultivate self-acceptance and a positive mental attitude
- ◆ Establish the essential habit of lifelong learning
- ◆ Increase your success by associating with the right people

Having immigrated from Hong Kong to the U.S., Dr. Cruz shares his inspirational and often amusing personal life stories.

Undisciplined and discouraged as a young man, Cruz embarked on a quest to take charge of his mental, physical, social, and financial life.

After searching for motivation and new ideas from experts, Cruz refined his findings into nine guidelines, including:

- ◆ Bottom in the Best Is Better than Top in the Average
- ◆ Money at Work Is Better than You at Work
- ◆ Responding Is Better than Reacting

Each guideline is presented in a comprehensive manner, always rich with powerful lessons that relate to all audiences.

Goal-setting strategies inspire accountability for things you wish to accomplish.

YOU can transform your life and be on your way to *Becoming Who You Want to Be*.

Praise for *Becoming Who You Want to Be*

If you want to move forward in your life, career, and relationships, Dr. Cruz's book is a great companion for advancement.

—**DR. SUKI STONE**, CEO Stone Educational Systems Inc.

Albert's own interesting real life-story is an encouragement to young people and to all immigrants to the great country of the United States.

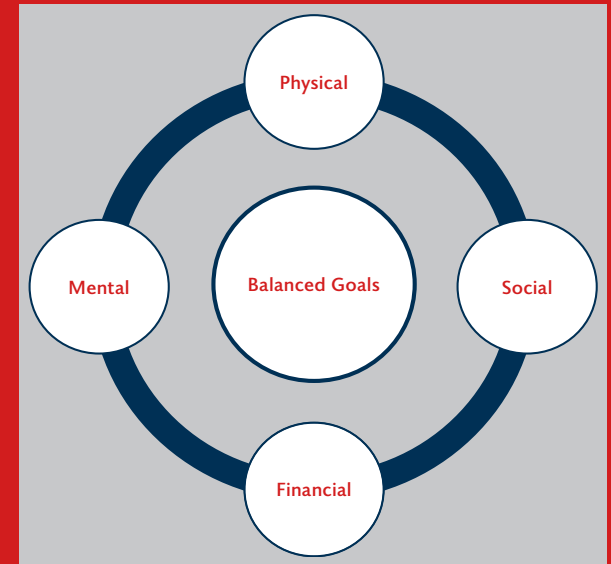
—**DR. AMBER LO**, Retired Full Professor, National University, Author of the Chinese *Living a Tranquil and Proactive Single Life* book series

Dr. Albert Cruz projects such an inspirational story of his life journey since coming to America in 1983 . . . Worthwhile reading to learn about his truly amazing and successful approach to life!!

—**JOHN BUGADO**, Professor Emeritus, National University



ALBERT P. CRUZ was born in Shanghai, China, and raised in Hong Kong. After immigrating to the United States in 1983, his career roles varied from insurance agent to Tax Analyst Programmer at the financial tech giant, Intuit. Rising from humble beginnings, Albert eventually settled into a charmed life as a college professor, holding a Ph.D. in Applied Management and Decision Science from Walden University. He and his wife, Teresa, live in Menifee, California.



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