



Moving Up: Dr. Sujay's Ten Steps to Turning Your Life Around and Getting to the Top!

Suzan Johnson Cook

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The minister the *New York Times* described as “Billy Graham and Oprah rolled into one” shares her winning formula for facing life’s transitions with confidence and faith.

A dynamic religious leader, Suzan Johnson Cook epitomizes the positive attitude and self-help spirit that can take you from where you are to where you want to be. Whether you are facing a career change or moving to a new city, dealing with aging parents or settling into an “empty nest” after your children have grown, she teaches you how to move on without messing up. This book will capture your attention and advance you toward a new spirit of liberty and “UPness.” The Journey of Life is a series of steps—some forward, some backward, but always important. The steps here will take you on the Journey of Life you’ve always wanted.

Moving Up sets out the ten steps that will lead you to a new, more satisfying place in life: Stand Up, Speak Up, Look Up, Book Up, Kiss Up, Listen Up, Hang Up, Make Up, Wake Up, and Cheer Up. Using an engaging combination of autobiographical vignettes, her experiences as a pastor, and biblical stories, Cook illustrates each step—and concludes each chapter with simple exercises and helpful suggestions for incorporating *Moving Up*’s lessons into your own life.

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