

S.U.M.O. (Shut Up, Move On) - Paul McGee

Why read it?

There's no getting away from the fact that SUMO is another self help book, but it has many things in its favour. It's written by an Englishman; it's charmingly self-deprecating and it's written with a lightness of touch. The chapter headings indicate this.

We three reviewers agreed there was much that we already knew and understood, and hopefully applied in our lives. But there was new information that caught our imaginations and there was a chapter which we discussed in depth, realising we saw it differently. This chapter was 'Ditch Doris Day'.

Content Areas

S.U.M.O. stands for the phrase Shut Up, Move On. It's a phrase to say to ourselves (and sometimes others) when we are acting or thinking in a way that is hindering our ability to succeed.

Shut Up, Move On does **NOT** necessarily mean 'get over it' or 'pull yourself together'

'Shut Up' means

- to stop what you're doing
- take time out to reflect
- let go of baggage and beliefs that hinder your potential.

'Move On' means

- Tomorrow can be different from today
- Look for new possibilities.
- Don't just think about it, take action.

Overview of the six SUMO principles/ chapters

- 1 **Change Your T-Shirt.** Take responsibility for your own life. (Remove the Victim T-shirt).
- 2 **Develop Fruity Thinking.** Take charge of your thinking. (Thinking affects Emotions, which in turn affect Actions, which always leads to Results). When you change your thinking, you ultimately change your results. We need help overcoming 'Faulty Thinking' which brings about undesirable results.
- 3 **Hippo Time is OK.** Understand how setbacks affect you and how to recover from them. (We all need time to wallow a little..... just be careful how long it lasts).
- 4 **Remember the Beachball.** Increase your understanding and awareness of other people's world. (What colours you see of a huge beachball depends on your perspective). This will help to bring about more successful relationships.
- 5 **Learn Latin.** Change comes through action not intention. (Carpé Diem, seize the day). Exploring how to overcome our tendency to put things off.
- 6 **Ditch Doris Day.** Create your own future rather than leave it to chance. (Forget the attitude que sera, sera, whatever will be, will be). How to make your time on this planet the best that it can be.

We decided that we could apply this chapter's principle of 'create your own future rather than leave it to chance' in two ways. One is to plan your life so you get what you want from it. The other is to seize opportunities as they go by if you're minded to. Or do a bit of both.

Benefits

This is probably one of the better books on the market for helping people to plan their own futures and get a grip on their lives. Although it reflects many other books in the same genre, it's very readable and well set out.

Reviewed by LNG Book Club members
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