



# Get Up & Grow: 21 Habits of Successful People

*Duke C. Matlock*

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## **Get Up & Grow: 21 Habits of Successful People** Duke C. Matlock

"*Get up and Grow* is a book that is right for anyone who has chosen to move forward. Duke Matlock brings his experience Of three decades of coaching people to Get Up and Grow. This book gives you step by step principles that will not only inspire you but will guide you into the next phase of your wonderful life"

**-Tim Storey, author, motivational speaker**

"Every person hopes to be successful. But true success requires more than "hope." *Get Up And Grow* provides a clear daily plan that if followed will open the door to the extraordinary success that that eludes the wanderers."


**-Dan Miller, author and coach (48Days.com)**

"Duke Matlock's is a voice of refreshing practicality. Refusing to serve up freeze-dried theories, Matlock opts instead for a brand of straight forward, down to earth, 'listen to the old ball coach' kind of teaching that just makes you want to listen."

**-Mark Rutland, Ph. D. The National Institute of Christian Leadership**

*Get Up and Grow* is about developing habits that foster personal and professional growth in four critical areas: spirituality, success, health, and margin. In six chapters, *Get Up and Grow* will enable you to shift your paradigm and create a culture of growth and investment in your life. By utilizing your mornings as opportunities for development, *Get Up and Grow* will change the way you view success and will create the space to see exponential growth.

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