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FOREWORD

What the world needs now is guidance in learning to live with the many gifts offered to us. A huge cry is rising in our fast-paced, hard-driven world—a cry from the soul that demands we connect to what is truly meaningful in our lives. Yet some feel overwhelmed, believing there is no opportunity for personal time. Today we know that to alleviate these problems, successful remedies must be insightful and to the point.

In *Life's 2% Solution*, Marcia Hughes creatively presents a practical approach to making a difference in your life. This approach requires only 2% of your time—30 minutes a day or 3½ hours a week. It is transformative and sharply focused on finding what she calls your “Esprit d’Core,” the spirit at the core of your being. By following the steps, action plan, and exercises in *Life's 2% Solution*, you are guided to find your deep calling, bringing it to life and experiencing a significant shift in your world. You are more centered in dealing with challenges, and you are happier because you are bringing your purpose to life.

I know this 2% Process works as I have observed individuals develop 2% Projects in leadership groups for many years. When people are engaged with what truly matters, their lives shift. Marcia has taken the 2% Project and given it meat, bones, and longevity—developing a solution that has enduring benefits. She provides specific guidance for its implementation, then demonstrates the differences that occur by choosing a lifelong solution, not just a short-term project. She calls for a lifestyle that regularly invests 2% of your time in yourself. This is a simple, yet radical, approach.

My life's work has focused on understanding the brain—recognizing how thinking and behaving affects one another as depicted by the Emergenetics® Profile. Marcia's 10 steps to implementing a 2% Project taps into the dynamic connection between thinking and behaving.

When you search for your Esprit d'Core, you use all of your mental resources by choosing a specific project to focus your engagement for 30 minutes a day. This process strengthens and upgrades your behaviors. The combination of seeking, reflecting, and acting is the formula for transformation, which *Life's 2% Solution* guides you through with grace, wisdom, and humor.

I remember the day Marcia captured the phrase that depicted how she wanted to live, "passionate equilibrium." This phrase calls for living in a style that guides us to success with both happiness and balance. *Life's 2% Solution* is the culmination of Marcia's work and assists you in finding a passionate equilibrium in your life. This book aids businesses to motivate their employees and individuals to liberate their lives from the obstacles and clutter that block true purpose and fulfillment. Thank you, Marcia, for providing this great guidance! And to you, the reader, best wishes on finding the 2% that really matters.

—Geil Browning, Ph.D.

Founder/CEO, Emergenetics International

Author of *Emergenetics: Tap Into the New Science of Success*