

# BREAKTHROUGH POWER FOR FATHERS

A Daily Guide to an Extraordinary Life



DAVID YOUNG

BREAKTHROUGH  
POWER  
FOR FATHERS

*A Daily Guide to an Extraordinary Life*

DAVID YOUNG

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# Welcome

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# Dedication

To the memory of my father and mother, Dayton and Mina, who taught me the value of hard work. And to my wife, Christina, who showed me the power of love.

## Introduction

What are your biggest challenges? Raising phenomenal kids? Moving up the career ladder? Meeting your financial goals? Staying physically fit? Finding time to relax and rejuvenate? Do the barriers seem impossible to break? Perhaps you read a book that explained the keys to success, got excited about the possibilities, tried to make the suggested changes, but struggled and lost your enthusiasm a few months later. If so, you're not alone. The road to success is usually under construction. Bumpy roads, stop-and-go traffic and countless detours can wear you down and leave you confused about what to do next. You need more than a few tips on how to succeed; you also need motivation to push forward when success seems far away or impossible. *Breakthrough Power for Fathers* provides both. It provides tools for building a successful and rewarding life and daily motivation to help you persevere until you achieve your dreams.

For each day of the year, *Breakthrough Power for Fathers* provides four great quotes, usually from people known for their outstanding accomplishments. Their insights are based on years of experience. You can read all four quotes in one minute, so you can squeeze them in before you start your

breakthrough day.

The first quote is humorous, which will put you in a good mood, ready to face life's challenges. The second one will help you focus on the important things in life, such as developing integrity, building a strong family, making a difference in the lives of others, enjoying simple pleasures and finding time for renewal, all critical to laying an unshakeable foundation. The third quote will help you overcome the weaknesses and seemingly impossible circumstances that have held you back. And the fourth one will help you seize the summits. These will encourage you to dream big, set goals, develop effective plans of action, follow through with superior work and persevere, even after setbacks or failures. In short, *Breakthrough Power for Fathers* will help you leave a legacy of greatness and enjoy the journey along the way.

You can achieve your dreams. As you do, your children will watch and learn how to achieve theirs. Then when they are grown they can echo the words of tennis legend Chris Evert: "Everybody always asks me, 'Who did you have posters of on your wall when you were growing up?' The answer is nobody. My father was my role model. I have such respect for him."

**Start with a smile**

Energy experts tell us that caulking doors and windows is one of the easiest ways to get caulking all over yourself.

— *Dave Barry*

**Focus on what's important**

I loved my father – always deep in my subconscious I have referred judgments back to him, what he would have thought or done.

— *Edward Fitzgerald*

**Break the barriers**

I feel no flattery when people speak of my voice. I'm simply grateful that I found a way to work around my stuttering.

— *James Earl Jones*

**Seize the summits**

Give me a stock clerk with a goal, and I will give you a man who will make history. Give me a man without a goal, and I will give you a stock clerk.

— *J.C. Penney*

## ❧ *January 2*

### **Start with a smile**

When using a public campground, a tuba placed on your picnic table will keep the sites on either side of you vacant.

— *Anonymous*

### **Focus on what's important**

If people concentrated on the really important things in life, there'd be a shortage of fishing poles.

— *Doug Larson*

### **Break the barriers**

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

— *Arnold Schwarzenegger*

### **Seize the summits**

You don't have to be great to start, but you have to start to be great.

— *Zig Ziglar*

**Start with a smile**

Adolescence is that period in a kid's life when parents become more difficult.

— *Ryan O'Neal*

**Focus on what's important**

If you can give your son or daughter only one gift, let it be enthusiasm.

— *Bruce Barton*

**Break the barriers**

From a young age, children want to help and be active participants in family life. They want to make a contribution, they want to belong. Your willingness to let them help out in the way they desire will teach them to exercise judgment, take responsibility for themselves and make meaningful choices.

— *Judy Ford*

**Seize the summits**

If you look at successful people in any field, you'll find they're not necessarily the best and the brightest, the fastest and the strongest. You'll find they're the ones with the most commitment.

— *Anthony Robins*

## ❧ *January 4*

### **Start with a smile**

Imagination is something that sits up with Dad and Mom the first time their teenager stays out late.

— *Lane Olinghouse*

### **Focus on what's important**

Never cease loving a person, and never give up hope for him, for even the prodigal son who had fallen most low, could still be saved.

— *Søren Kierkegaard*

### **Break the barriers**

I have come to realize how important the limits we set for our children are for the development of their creativity: When we won't let them do exactly what they want to do, they have to search out new alternatives.

— *Fred Rogers*

### **Seize the summits**

Courage is being scared to death – and saddling up anyway.

— *John Wayne*

**Start with a smile**

No baby is admired sufficiently to please the parents.

— *E.V. Lucas*

**Focus on what's important**

A torn jacket is soon mended; but hard words bruise the heart of a child.

— *Henry Wadsworth Longfellow*

**Break the barriers**

In those moments when I am alone in a hotel and do not feel like doing my workout, I am always grateful when I am finished. Once begun, the time flies by, and I am able to go to sleep knowing I did everything I could that day to keep my potential limitless.

— *Gary Player*

**Seize the summits**

The small man flies into a rage over the slightest criticism, but the wise man is eager to learn from those who censure and reprove him.

— *Dale Carnegie*

## ❧ January 6

### **Start with a smile**

On courses where the yardages are marked on sprinkler heads: 1) There will be no sprinkler head within forty yards of your ball. 2) The nearest sprinkler head will be blank. 3) While being examined, the sprinkler head will turn on.

— *Henry Beard*

### **Focus on what's important**

My son is especially ticklish under both arms; my daughter, on the bottoms of her feet. Whenever I touch either of them there, they become a bundle of giggles. They want me to stop, but not really. I promise I will, but not soon. Their squirming delight delights me, and I laugh almost as hard as they do, until we both collapse on the floor breathless and happy and ready to do it again.

— *Joe Kita*

### **Break the barriers**

If you break your neck, if you have nothing to eat, if your house is on fire – then you got a problem. Everything else is inconvenience.

— *Robert Fulghum*

### **Seize the summits**

A man is relieved and happy when he has put his heart into his work and done his best.

— *Ralph Waldo Emerson*

### **Start with a smile**

I know a teenage girl who had been trying to run away from home for a year but every time she gets to the front door the phone rings.

— *Bob Phillips*

### **Focus on what's important**

It is a wonderful heritage to have an honest father.

— *Proverbs 20: 7 (TLB)*

### **Break the barriers**

I tried to teach my child with books.

He gave me puzzled looks.

I tried to teach my child with words.

They passed him by often unheard.

Despairingly, I turned aside,

“How shall I teach this child?” I cried.

“Come,” he said. “Play with me.”

— *Anonymous*

### **Seize the summits**

You'll make a lot of mistakes in your life, Susan, but if you learn from every mistake, you really didn't make a mistake.

— *Vince Lombardi, to his daughter*

## ❧ *January 8*

### **Start with a smile**

If you've never seen a fully developed look of disgust, just tell your son how you conducted yourself when you were a boy.

— *Kin Hubbard*

### **Focus on what's important**

Not only should we teach values, but we should live them. My kids pay a lot more attention to what I do than what I say. A sermon is better lived than preached.

— *J.C. Watts*

### **Break the barriers**

Your self-image is extremely important. It plays a major role in determining your place in life. You need to work on seeing yourself achieving great things.

— *Dr. Bob Rotella*

### **Seize the summits**

At least once a day, allow yourself the freedom to think and dream for yourself.

— *Albert Einstein*

**Start with a smile**

Kids will eat mud (raw or baked), rocks, paste, crayons, ballpoint pens, moving goldfish, cigarette butts and cat food. But try to coax a little beef stew into their mouths and they look at you like a puppy when you stand over him with the Sunday paper rolled up.

— *Erma Bombeck*

**Focus on what's important**

There is more treasure in books than in all the pirate's loot on Treasure Island.

— *Walt Disney*

**Break the barriers**

Allow your children to face the consequences of their actions.

— *H. Jackson Brown*

**Seize the summits**

We all find time to do what we really want to do.

— *William Feather*

## ❧ *January 10*

### **Start with a smile**

A little girl asked her father, “Daddy, before you married Mommy, who told you how to drive?”

— *Anonymous*

### **Focus on what’s important**

Make sure your expressions of love and value are not linked solely to your child’s performance on a task. When statements of value are only linked to a child’s accomplishments, the words lose much of their impact.

— *Gary Smalley and John Trent*

### **Break the barriers**

We should not permit our grievances to overshadow our opportunities.

— *Booker T. Washington*

### **Seize the summits**

There are but two roads that lead to an important goal and to the doing of great things: strength and perseverance. Strength is the lot of but a few privileged men; but austere perseverance, harsh and continuous, may be employed by the smallest of us and rarely fails of its purpose, for its silent power grows irresistibly greater with time.

— *Johann von Goethe*

**Start with a smile**

When it comes to clothes, I never argue when our kids come back from the store with something that's garish, outlandish, bizarre, in bad taste and an affront to all normal sensibilities. I just say I like it. They take it back the next morning.

— *Robert Orben*

**Focus on what's important**

I think God's clearest memory of my dad will be the same as mine – looking after the least of God's children.

— *Patricia Heaton*

**Break the barriers**

There have been times when I thought people might be better singers or better musicians or prettier than me, but then I would hear Daddy's voice telling me to never say never, and I would find a way to squeeze an extra inch or two out of what God had given me.

— *Barbara Mandrell*

**Seize the summits**

Do not despise the bottom rungs in the ascent to greatness.

— *Publilius Syrus*

## ❧ *January 12*

### **Start with a smile**

A yard is never too small for the grass to be cut with a sit-down tractor mower.

— *Kevin Nealon, on what his father taught him*

### **Focus on what's important**

What would you take for that soft little head

Pressed close to your face at time for bed;

For the dimpled hand in your own held tight,

And the dear little eyelids kissed down for the night?

— *Anonymous*

### **Break the barriers**

At least ninety percent of the time, the things I worry about never happen. And even if they do happen, the worry has almost always done more damage to me than the thing itself.

— *Pat Williams*

### **Seize the summits**

Excellence is born of having higher expectations of yourself than anyone could possibly have of you.

— *Condolezza Rice*

**Start with a smile**

No matter what, Dad was always there with solid words of advice . . . “Go ask your mother.”

— Alan Ray

**Focus on what’s important**

A show of emotion – is that effeminate? I’ll be frank with you – that’s a sign of a great man. A man who can pull his boy aside and say, “My life would not be the same if I lost you; my life has been transformed now that you’ve come into our home; you have no idea of what you have meant to me,” is a man who will reproduce himself in his son.

— Charles Swindoll

**Break the barriers**

The lone father is not a strong father. Fathering is a difficult and perilous journey and is done well with the help of other men.

— John Hart

**Seize the summits**

Find a purpose in life so big that it will challenge every capacity to be at its best.

— David McKay

## ❧ *January 14*

### **Start with a smile**

If you think practice makes perfect, you don't have a child taking piano lessons.

— *Anonymous*

### **Focus on what's important**

I became a father four years ago, and the time that I spend with my son, Lucas, and my wife, Molly, is so much better than just about anything else I could be doing.

— *Dean Ornish*

### **Break the barriers**

Every time I play, in my own mind I'm the favorite.

— *Tiger Woods*

### **Seize the summits**

I see myself as a doer. I'm sure that other people have had ideas that were similar to mine. The difference is that I have carried mine into action, and they have not.

— *Nolan Bushnell*

**Start with a smile**

Not me, but some of the kids who have dogs did.

— *Anonymous, little boy, when his parents asked him if he got homesick at camp*

**Focus on what's important**

As a parent, you have to keep in mind that you can't just do the talking. You have to listen. You have to sit down and hear what's on your kids' minds.

— *Lee Iacocca*

**Break the barriers**

Grief drives men into the habits of serious reflection, sharpens the understanding and softens the heart.

— *John Adams*

**Seize the summits**

Long before any championships were ever won at UCLA, I came to understand that losing is only temporary and not all-encompassing. You must simply study it, learn from it and try hard not to lose the same way again. Then you must have the self-control to forget about it.

— *John Wooden*

## ❧ *January 16*

### **Start with a smile**

If a man hears much that a woman says, she is not beautiful.

— *Henry Haskins*

### **Focus on what's important**

Laughter is an important part of being human and if you laugh with your child, you strengthen the connection with him or her.

— *Phillip McGraw*

### **Break the barriers**

I became a better football player, not because I was faster or could catch the ball better, but I taught myself to do a lot of things that other guys didn't.

— *Mike Ditka*

### **Seize the summits**

In the long run, people achieve only that which they have set as goals for themselves; therefore, set the highest possible goals for yourself.

— *Leo Tolstoy*

January 17 ❧

### **Start with a smile**

How to throw a children's party: dig a pit, throw in the kids and ice cream, add chocolate sauce; an hour later take out and send home.

— *Tony Kornheiser*

### **Focus on what's important**

Kindness is taught by example, which means that every adult with whom a child spends any time has a great potential to shape that child's life.

— *Letitia Baldrige*

### **Break the barriers**

Despite my love of baseball, education was first and foremost in our house. We couldn't play sports and we couldn't hang out unless we got good grades.

— *Derek Jeter*

### **Seize the summits**

There are periods when to dare is the highest wisdom.

— *William Channing*

## ❧ *January 18*

### **Start with a smile**

You know it's going to be a bad day when your teenager knocks on your bedroom door first thing in the morning and says, "Today is Nerd Day at school, Pop. Can I borrow some of your clothes?"

— *Ron Chapman*

### **Focus on what's important**

Whenever I try to recall that long-ago first day at school, only one memory shines through: my father held my hand.

— *Marcelene Cox*

### **Break the barriers**

If you keep telling your son something's wrong with him, sooner or later he'll believe it. Follow every, "that's wrong" by saying what's right.

— *John Anderson*

### **Seize the summits**

True patience is waiting without worrying.

— *Anonymous*

**Start with a smile**

Watching a baby being born is a little like watching a wet St. Bernard coming in through the cat door.

— *Jeff Foxworthy*

**Focus on what's important**

A child who has been taught to respect the laws of God will have little difficulty respecting the laws of men.

— *J. Edgar Hoover*

**Break the barriers**

Humor is the great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place.

— *Mark Twain*

**Seize the summits**

The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.

— *Napoleon Hill*

## ❧ *January 20*

### **Start with a smile**

When I was growing up, my father told me I'd make a great waiter. They never come when you call them.

— *Bob Monkhouse*

### **Focus on what's important**

I was lucky to be brought up loved. Not that everything I did was liked, but I knew that I was loved – and knowing this gave me the ability and freedom to be who I wanted to be.

— *Dr. Bernie Siegel*

### **Break the barriers**

If you accept the negative expectations of others, then you never will change the outcome.

— *Michael Jordan*

### **Seize the summits**

The purpose of a budget is not to restrict your spending but to be a tool for you to determine where your money is presently going, so you can shift funds around to match your long-term goals and priorities.

— *T.D. Jakes*

**Start with a smile**

Show-off: A child who is more talented than yours.

— *Anonymous*

**Focus on what's important**

Play is a prime moment maximizer – not to mention a great stress reducer. Playing with your children helps you relax, restores your emotional energy and makes your kids happy.

— *Paul Lewis*

**Break the barriers**

Recognize your responsibilities and you will see your opportunities.

— *William Ward*

**Seize the summits**

In life, as in football, you won't go far unless you know where the goalposts are.

— *Arnold Glasgow*

## ❧ *January 22*

### **Start with a smile**

Not every dad can actually hear eyes rolling behind his back . . . but my dad could.

— *Dan Taylor*

### **Focus on what's important**

When parents have little time for children, a great vacuum will develop and some kind of ideology will move in.

— *Billy Graham*

### **Break the barriers**

I learned to love to read because my daddy loved to read and had a study full of books he spent time with every day. Buying books to improve our minds was an indisputably higher priority for him than buying a toy or nonessential clothing.

— *Marian Edelman*

### **Seize the summits**

In life, one goes through all types of adversity. Daddy taught us that we're going to succeed some days and we're going to fail some days and that's how life is. Success is being able to overcome adversity.

— *Martin Luther King III*

**Start with a smile**

They should put expiration dates on clothing so we men will know when they go out of style.

— Gary Shandling

**Focus on what's important**

If you love your wife, her pregnancy is a time to test your attention span. You have to pay attention when she says, "It's moving! Wake up and feel it!" You have to respond as if she's pointing out a replay of a touchdown pass.

— Bill Cosby

**Break the barriers**

I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us.

— Umberto Eco

**Seize the summits**

You can always tell when you are on the road to success; it's uphill all the way.

— Paul Harvey

## ❧ January 24

### **Start with a smile**

He did it alone, too. At an age when most boys believe they have been on an arduous trip if they drag themselves from the PlayStation to the fridge.

— *Des Kelly, on Michael Permah, the fourteen-year-old who sailed solo across the Atlantic*

### **Focus on what's important**

Raising two daughters, Dad had to learn about dresses, ballet and even tea parties. To be candid, he wasn't very good at any of those things. But he did give me something of himself that has sustained me through very difficult times: persistence, toughness and the unswerving belief that God is faithful and we can trust Him with our lives . . . and the lives of our children.

— *Gracie Rosenberger*

### **Break the barriers**

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it.

— *Fyodor Dostoevsky*

### **Seize the summits**

There are no triumphs without setbacks. Recognize this, and you're less likely to be brought down by one failure, or a series of disappointments.

— *Joe Torre*

**Start with a smile**

Whatever is on the floor will wind up in your baby's mouth. Whatever is in your baby's mouth will wind up on the floor.

— Bruce Lansky

**Focus on what's important**

Let your children see you do things for your wife that lets them know how much you love and treasure her.

— H. Jackson Brown, Jr.

**Break the barriers**

There is no age limit on transforming your life. No rule that says that after a certain age you are simply the way you are and that's it. Change not only is possible at any time but is essential.

— Rick Pitino

**Seize the summits**

So long as there is breath in me, I will persist. For now I know one of the greatest principles of success: if I persist long enough I will win.

— Og Mandino

## ❧ *January 26*

### **Start with a smile**

Baby-sitter: A teenager you pay \$7 an hour to eat \$20 worth of snacks.

— *Anonymous*

### **Focus on what's important**

Make the final decisions for your family. When all is said and done, the final decisions rest with you. My family is very democratic; we take into consideration everyone's opinion. But when it comes time to make a decision, we don't manage by committee. Robin and I always make the final call.

— *Phillip McGraw*

### **Break the barriers**

At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done – then it is done and all the world wonders why it was not done centuries ago.

— *Frances Burnett*

### **Seize the summits**

Having a good attitude can keep you moving forward no matter what obstacles stand in your way.

— *Pat Williams*

**Start with a smile**

Oh, what a tangled web do parents weave

When they think that their children are naïve.

— *Ogden Nash*

**Focus on what's important**

Dad never pressured us to play one sport over another. He was just always very supportive. Dad and Mom always came to my games – something they still do today. Dad also got involved. If I asked my dad to play catch or shoot baskets with me, he would. And he never put limits on me because I was a girl. He never questioned my desire to play sports.

— *Rebecca Lobo*

**Break the barriers**

There cannot be a greater spur to the attaining of what you would have the elder child learn than to set him upon teaching it to his younger brothers and sisters.

— *John Locke*

**Seize the summits**

I define discipline as the ability to make and keep promises and to honor commitments.

— *Stephen Covey*

## ❧ *January 28*

### **Start with a smile**

Home, nowadays, is a place where part of the family waits till the rest of the family brings the car back.

— *Earl Wilson*

### **Focus on what's important**

We'd jump my dad the minute he came in the mud room, and we'd start wrestling. And he loved to wrestle as much as we did. I think all fathers and sons like to do that.

— *Roy Rogers*

### **Break the barriers**

You never will be the person you can be if pressure, tension and discipline are taken out of your life.

— *James Bilkey*

### **Seize the summits**

I believe in the basics: attention to, and perfection of, tiny details that might commonly be overlooked. They may seem trivial, perhaps even laughable to those who don't understand, but they aren't. They are fundamental to your progress in basketball, business and life. They are the difference between champions and near champions.

— *John Wooden*

**Start with a smile**

If women only have one head why do they need so many pillows? Am I missing something?

— *Anonymous*

**Focus on what's important**

When a man spends his time giving his wife criticism and advice instead of compliments, he forgets that it was not his good judgment, but his charming manners, that won her heart.

— *Helen Rowland*

**Break the barriers**

If we did all the things we are capable of doing, we would literally astonish ourselves.

— *Thomas Edison*

**Seize the summits**

One should not be worrying about the degree of *success* obtained by each and every effort, but only concentrate on maintaining the vision; keep it pure and steady.

— *Henry Miller*

## ❧ *January 30*

### **Start with a smile**

The most common statement made by husbands to wives in Las Vegas: “Give me the money I told you not to give me.”

— *Anonymous*

### **Focus on what’s important**

For many little girls, life with Father is a dress rehearsal for love and marriage.

— *David Jeremiah*

### **Break the barriers**

The higher your confidence, the faster other people’s doubts about you will evaporate.

— *Brian Koslow*

### **Seize the summits**

Everybody’s got fear. Everybody’s afraid something bad is going to happen sometime. That’s life. But what’s important is that you don’t let it stop you from doing things, taking risks. Every decision is a risk, every choice leaves a choice behind. You can’t let yourself get paralyzed by the fear of what might go wrong.

— *Yogi Berra*

**Start with a smile**

Statistics show that attendance at work is better among married men with children and spikes even higher among fathers of newborns.

— *Thomas Hill*

**Focus on what's important**

My dad always had a deep sense of responsibility to his work, to volunteering and to his family. He was always willing to talk with us about what he was doing – even complex legal cases – and we could tell he really enjoyed what he did.

— *Bill Gates*

**Break the barriers**

Listen to advice and accept instruction, and in the end you will be wise.

— *Proverbs 19:20*

**Seize the summits**

I can do a lot of things now because of my dad. In a way, I owe my career to his regimented ways. I hated the hard work that I had to do back then, but I think it instilled in me the incredible work ethic that I still have today.

— *John Tesh*

Dear Friend,

I hope you enjoyed the first 31 days of *Breakthrough Power for Fathers*. If you'd like to read all 366 days, you can order either the paperback, the Kindle or the Nook edition at [InsightsOnSuccess.com](http://InsightsOnSuccess.com).

— David Young

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## About the Author



**D**avid Young is a policy advisor to the governor of Texas. He received his Bachelor of Science in Business Administration degree, Summa Cum Laude, from the University of Arkansas and his Master of Business Administration degree from The University of Texas at Austin.

David grew up in Fort Smith, Arkansas. Both of his grandfathers were born before the Civil War. He and his wife, Christina, live in Round Rock, Texas. David has traveled extensively throughout the United States, Canada and Europe, and has visited South America, Asia and the Middle East.

## Also by David Young

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*Rebound Strong*

## What are your biggest challenges?

Raising phenomenal kids? Moving up the career ladder? Meeting your financial goals? Staying physically fit? Finding time to relax and rejuvenate? Do the barriers seem impossible to break? Did you try to break them before but fall short? Regardless, you can live an extraordinary life – even if you are overwhelmed by weaknesses and difficult circumstances. But you need more than a book that explains the secrets to success; you also need daily motivation to apply them, especially when success seems far away or impossible. *Breakthrough Power for Fathers* provides both.

Inside, people known for their outstanding accomplishments will help you:

- Build an unshakeable foundation
- Pursue and fulfill your dreams
- Impact others
- Improve your relationships
- Find time for renewal

Plus, you'll start each day with a humorous quote that will put you in a good mood, ready to face life's challenges. Each day's reading will take less than a minute, so you can squeeze it in before you start your breakthrough day.

You can achieve your dreams. As you do, your children will watch and learn how to achieve theirs.

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