



Up, Down, or Sideways: How to Succeed When Times Are Good, Bad, or In Between

Mark Sanborn

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In *Up, Down, or Sideways*, Mark Sanborn, author of the bestselling book *The Fred Factor*, prepares you for life's inevitable cycles of up and down—and, too often, sideways. We tend to be surprised when downturns hit us and treat them as the exception—and when times are good, we act as if they will never change. In this book, Mark shows us what we should always be doing to be prepared for these cycles and events in our lives in order to make the most of them. Mark tells his own story of a downturn he experienced. Then, he identifies the principles and practices that will help you discover opportunities in both good times and bad, in up and sideways years. Mark provides timely wisdom that can't be ignored no matter where you are in your personal or professional life.

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