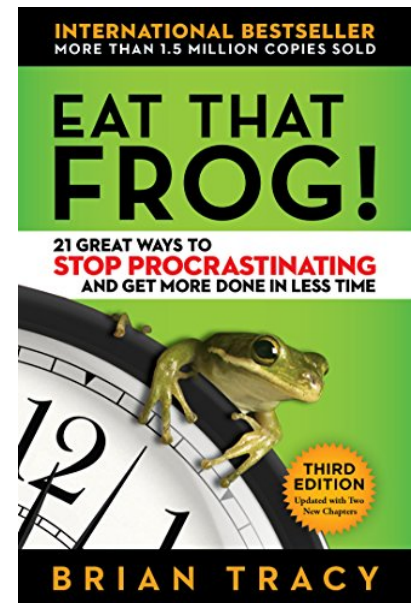


# Eat That Frog Book Summary (PDF) by Brian Tracy

Ready to learn the most important takeaways from Eat That Frog in less than two minutes? Keep reading!



## Why This Book Matters:

Eat That Frog teaches readers to map out their goals and acknowledge their failures along the way.

## The Big Takeaways:

- 1. An adequate target is backed by a thorough plan.**
  1. If Having a clear vision of how you will get from Point A to Point B will help you reach your goal with more certainty and fewer issues.
- 2. Know what is important.**
  1. The ABCDE method will help you prioritize what you need to do, A being the most important.
- 3. Finding out more and more about yourself will help you get to where you're going.**
  1. Acknowledging your skills can help you understand why you are valuable to others.
- 4. Believe that where you're going is important.**

1. Value the opportunities you are given and hope for the best, all while holding yourself accountable for how far you go toward reaching your goal.

**5. Figure out where your red light is.**

1. You can't get over your barriers until you acknowledge that they're holding you back.

## **Want To Keep Reading?**

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2. [Buy The Book on Amazon](#)
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