

Book Review

Optimal Edge

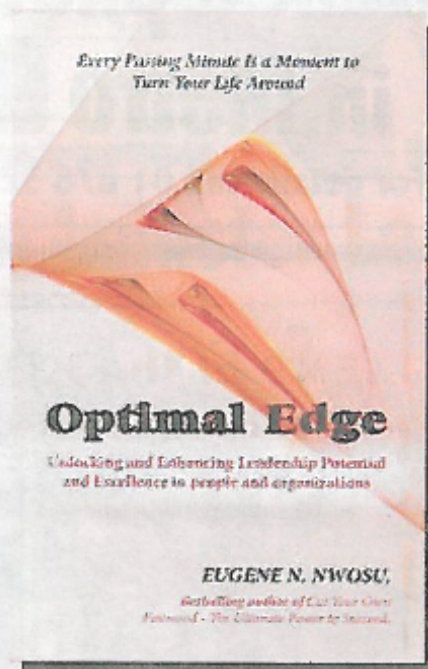
By Henry Nwosu
(Strategic Books)

THE FILM POSTER that advertised *The Shawshank Redemption*, based on Stephen King's novel, tells us that "Dreams are what the future is made of... Hope will take us there." I haven't watched the film to see how these notions were explored, but reading Eugene Nwosu's second book *Optimal Edge* has made up for that, I hope.

Self-help books often rub me up the wrong way, even though I know that should I ever follow one to its conclusion, I'm bound to excel – but being me, I don't. After reading Stephen Covey's *The 7 Habits of Highly Effective People*, the most I can do is spout phrases like 'think win-win' or 'begin with the end in mind' and so on, but never engage in the actions that will bring me the success I want.

In *Optimal Edge*, Nwosu distils a number of life lessons from a huge amount of secondary data and comes up with a succinct affirmation: that the starting point of all optimal achievement is the dream. When you imagine all the possibilities, attach to them a burning desire to be with a definitive purpose, and upon acting on them you will surely excel – in your personal, professional and spiritual life.

In other words, the mind is the



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most powerful weapon known to man, and if engaged optimally and with the right action, we can achieve whatever we want.

To impart this wisdom, the book is structured into sections, each seamlessly flowing into the next. And if at any time you feel lost in all these illuminations, not knowing where and or how to start, Nwosu throws in a few mantras or a 'how-to' to nudge you along.

I must note here that there is nothing new in the messages that Nwosu is trying to impart in *Optimal Edge*, but the simplicity of the language lures one into reading on and then evoking the desire to shoot for the moon even when you only intended to scale the fence, with endless opportunities and achievements floating ahead of you.

The drawback is that in parts it becomes repetitive, and I feel that the quotations – which the structure of the book is based on and which help to entrench his postulations – are one too many.

But I still recommend the book to any of us who are tired of letting our dreams dissipate. *Optimal Edge* is a complete read that illuminates hidden awareness. I'm now a convert!



Ifedinma Dimbo, originally from Nigeria, is the author of *She Was Foolish? More* details about the her work

and the Irish Writers' Exchange can be found at www.irishwritersexchange.com