



## The 4:8 Principle: The Secret to a Joy-Filled Life

By Tommy Newberry

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### The 4:8 Principle: The Secret to a Joy-Filled Life By Tommy Newberry

Tommy Newberry's message is simple, relevant, powerful, and timeless. In this *New York Times* bestseller, Newberry takes a single biblical principle and teaches us how one simple truth can magnify the joy we experience in our marriage, with our parenting, and in our life as a whole. Unfortunately, we live in a society bent on nursing old wounds and highlighting what is wrong with just about everything. As a result, we have grown accustomed to viewing the world, our lives, and ourselves through a lens of negativity—and that negativity stands in direct contrast to the passionate, purpose-filled people God wants us to be. This is where *The 4:8 Principle* grabs our attention. First, the author skillfully persuades us to acknowledge the link between the thoughts we choose to think and the joy we experience. Next, he shows us how we can grow our potential for joy by refusing to dwell upon the problems and pressures that are enduring and inevitable. Finally, he challenges us to pay the price of joy by becoming “extraordinarily picky” about what we read, watch, and listen to on a consistent basis. The strength of the book, though, is in Newberry's ability to clearly explain how to put this principle into daily practice through a series of quick, easy and even fun adjustments. *The 4:8 Principle* is loaded with specific suggestions and helpful advice for going beyond the ordinary and experiencing life as it was meant to be.

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## **The 4:8 Principle: The Secret to a Joy-Filled Life** By *Tommy Newberry* Bibliography

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### Editorial Review

#### Review

##### Praise for *The 4:8 Principle*

“In a serious world filled with trials and uncertainty, when was the last time someone challenged you to discover genuine joy? While “joy” may seem like a luxury we can’t afford, Tommy Newberry reminds us that life was meant to be lived with energy, fulfillment, purpose and yes, joy. I have personally watched Tommy teach some of the top business people in the country to adopt his 4:8 Principle mindset in their workplaces and families. The tangible, positive results they’ve experienced has been tremendous. His teaching and mentoring – now available to you and me in book form – can make a world of difference in how we approach life today – and where our lives, families and contributions to other’s lives can end up tomorrow.”

**John Trent, Ph.D.**

President, The Center for Strong Families  
Scottsdale, Arizona

Get ready to transform your mind! With a no-nonsense approach, Tommy Newberry will nudge you out of your comfort zone and revolutionize your thinking. He’ll also show you the way to experience joy in your life like you never have before.

**Les Parrott, Ph.D.**

Founder of RealRelationships.com  
Author of 3 Seconds

“With fist-pounding passion and clarity, Tommy Newberry nails the truth in The 4:8 Principle. I urge you to listen up. A new way of life is possible.”

**Norm Evans**

President, Pro Athletes Outreach  
Former NFL All-Pro

“As a clinical psychologist, I frequently see how negative and self-destructive patterns of thinking not only lead to a variety of personal and relational problems, but also severely limit our full potential. In The 4:8 Principle, Tommy Newberry clearly and effectively shows us how to transform old, negative patterns of thinking into new, productive ones using solid Biblical truths. The wisdom within this book can be applied by anyone – starting today! I will use these powerful, life-changing tools in my own life and in my clinical practice.”

**Mark E. Crawford, Ph.D.**

Clinical Psychologist and author of *When Two Become Three: Nurturing Your Marriage After Baby Arrives*.

“With The 4:8 Principle, Tommy Newberry has again established himself as the premiere authority on achieving and enjoying true success in life. You can become everything God created you to

become when you reprogram your mind with the timeless principles and practical message clearly described in this book. I have used and shared Tommy's teachings for years, and after reading The 4:8 Principle I was amazed at both its simplicity and its power to make our life a life of joy. You'll want to read this over and over again!"

**Bill Orender**, Senior National Sales Director  
Primerica Financial Services

#### From the Inside Flap

What are you thinking about?

Research indicates that the average person thinks approximately 50,000 thoughts per day. Each thought moves you either toward your God-given potential or away.

Unfortunately, we live in a society bent on nursing old wounds and highlighting what is wrong with just about everything. As a result, we have grown accustomed to viewing the world, our lives, and ourselves through a lens of negativity—and that negativity stands in direct contrast to the passionate, purpose-filled people God wants us to be.

In Philippians 4:8, the apostle Paul challenges us to seek out and dwell on the positives in our lives. When used as a filter, this New Testament verse is the true secret to vibrant health, satisfying relationships, and lasting fulfillment.

Whether you are at a low point or a high point in your life, The 4:8 Principle can help you experience joy by design—God's design. You'll quickly discover life as it was meant to be!

Unleash the power of the 4:8 Principle today!  
It really is the secret to a joy-filled life!

#### About the Author

**Tommy Newberry** is the founder and head coach of The 1% Club, an organization dedicated to helping entrepreneurs and their families maximize their full potential. As a pioneer in the life-coaching field since 1991, he has equipped business leaders in more than thirty industries to work less, earn more, and enjoy greater satisfaction with the right accomplishments.

An avid goal setter, Tommy has earned certification as an emergency medical technician and PADI rescue diver. He has also earned a black belt in the Korean martial art of choi kwang do. Tommy lives in Atlanta with his wife, Kristin, and their three boys.

## Users Review

### From reader reviews:

#### **Eileen Matherly:**

Do you have favorite book? Should you have, what is your favorite's book? Reserve is very important thing for us to know everything in the world. Each reserve has different aim or perhaps goal; it means that book has different type. Some people really feel enjoy to spend their a chance to read a book. They are really reading whatever they have because their hobby is reading a book. What about the person who don't like reading through a book? Sometime, individual feel need book if they found difficult problem or exercise.

Well, probably you'll have this The 4:8 Principle: The Secret to a Joy-Filled Life.

**Marco Roy:**

Do you one among people who can't read gratifying if the sentence chained from the straightway, hold on guys this particular aren't like that. This The 4:8 Principle: The Secret to a Joy-Filled Life book is readable by you who hate those straight word style. You will find the data here are arrange for enjoyable looking at experience without leaving perhaps decrease the knowledge that want to offer to you. The writer involving The 4:8 Principle: The Secret to a Joy-Filled Life content conveys thinking easily to understand by a lot of people. The printed and e-book are not different in the content material but it just different available as it. So , do you still thinking The 4:8 Principle: The Secret to a Joy-Filled Life is not loveable to be your top listing reading book?

**Stewart Moore:**

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**Michael Palmateer:**

Is it you actually who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This The 4:8 Principle: The Secret to a Joy-Filled Life can be the solution, oh how comes? A fresh book you know. You are therefore out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

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