



# Zero to Breakthrough: The 7-Step, Battle-Tested Method for Accomplishing Goals that Matter

*Vernice Armour*

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"Hang on and watch your life take flight with FlyGirl!"

-Marcia Wieder, CEO and Founder of Dream University

Before she was thirty years old, Vernice "FlyGirl" Armour had become a decorated naval aviator, Camp Pendleton's 2001 Female Athlete of the Year and Strongest Warrior winner, the first female African-American on Nashville's motorcycle police squad, and a member of the San Diego Sunfire professional women's football team. She's a force to be reckoned with, and she believes that women and men from all walks of life have the potential to achieve the highest levels of success with the right flight plan. In *Zero to Breakthrough*, Vernice turns aspiration into action by revealing how to create the path that will get you out of your rut on onto the runway - cleared for take off.

Armour firmly believes that there is no such thing as a dream out of reach. Integrating the foundational concepts of a Breakthrough Mentality™ like preparation, strategy, courage, legacy, and the importance of high spirits and enthusiasm, *Zero to Breakthrough* helps readers build a sustainable inner force and conviction that result in accomplishing significant goals and becoming an extraordinary member of any business or community. Packed with hard-hitting advice and amazing anecdotes from her adventures on the battlefield and in business, you'll learn strategies like how to:

- \*Stop procrastinating and prepare to lay the groundwork for success
- \*Execute situations with self-discipline to achieve mastery
- \*Acknowledge and move past obstacles & challenges
- \*Feel fear and use it to keep charging, and much more

Whether you want to jump up the corporate ladder, start your own business, or develop a passion into a livelihood, *Zero to Breakthrough* will get you there. For anyone seeking a more fulfilling life, Armour has the ultimate launch pad.

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