



# Thumbs Up!: Five Steps to Create the Life of Your Dreams

*Joey Reiman*

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**Purpose defines you. What you do with that purpose redefines the world.**

Joey Reiman was told he might never move his hand again after a horrible, paralyzing accident in 1975. Refusing to accept this prognosis and give in to negative thoughts, all he wanted to do was move his thumb. “If I could just raise my thumb,” Reiman thought, “the rest will follow.” With this seed of what he now calls optimalism—believing that optimism creates optimal outcomes—Reiman did it. He gave himself a thumbs up.

Now Reiman, the world’s leading purpose branding expert and motivational speaker, will share his belief system with you. In *Thumbs Up!*, Reiman shows how five simple pointers will ultimately help you activate your dreams into actions. The secret to success is right at your fingertips. Your digits will guide you to:

Give the world a thumbs up  
Point to your purpose in life  
Give your middle finger to fear  
March forth to take action  
Remember the little things that matter

*Thumbs Up!* is a how-to that focuses on looking up and rising up to all you imagined you could be and determining that a life of purpose begins in the palm of your hand. Start your journey of life to deeper love, more meaningful work, better health, greater wealth, and richer faith.

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