

# 《The Stress-free Way to An MBA》

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## 编辑推荐

This book is far better than it has any right to be. My best advice is that you shouldn't waste the time and money it takes to get an MBA. But if you're going to ignore that advice, please (please!) read this book first." —Seth Godin Stanford MBA 84 and author, *Linchpin*

“ Having read tens of thousands of applications during my tenure as Director of MBA Admissions and Financial Aid for the Wharton School, I can say that Ms. Malachuk's words of wisdom are spot on. Certainly she prescribes a path that is astonishingly simple (be honest with yourself, tell the truth, and take the time to really explore why you are doing this), but in this simplicity of course lies the challenge. Self reflection is no easy task, but this book serves as a refreshingly candid look at how this process can be used to enhance all aspects of one ' s life. Required reading for anyone applying to MBA programs or looking to take a next step in their life. ” —Thomas Caleel, former Director of MBA Admissions and Financial Aid for the Wharton School, Wharton MBA alumnus

“ Katie Malachuk has written a book that rightfully belongs in the spirituality section as much as it does in the Business or College admissions section. She has skillfully integrated wisdom traditions and consciousness based practices such as yoga, meditation, mindfulness, compassion, and self-enquiry to transform the MBA admissions process from one of terror and burden that it is for many applicants to a journey of joy, adventure, and personal growth. There is so much wisdom packed in these pages that I would recommend it to friends as a way to lead a more awake and conscious life even if we are not applying to an MBA program. ” —Gopi Kallayil, Wharton MBA, VP Google

“ Malachuk's application of eastern philosophy to the MBA admissions process is graceful, playful, and pragmatic. *Earn It* helps you chart a course to not only business school but also a rewarding and meaningful professional life. ” —Chip Conley, Stanford MBA, CEO of Joie de Vivre Hospitality, author of *Peak: How Great Companies Get Their Mojo From Maslow*

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“ Earn It has many universal truths woven through its pages. For the applicant lost among the trees, not seeing the forest, this book will gently lead the reader through his/her predicament to find the path to answers. This book delivers much more than its title. ” —Lloyd M. Field, PhD, Author, Business and the Buddha: Doing Well by Doing Good; Leadership Coaching: Personal Insights to Inspire Others

Reviews for Katie Malachuk's You're Accepted:

Malachuk ' s advice is spot on. Colleges want individuals, not clones, and You ' re Accepted provides the tools to help students present themselves powerfully and authentically in the college admission process. With humor and a touch of irreverence, Malachuk asks you to “ believe in yourself. ” This is Yoda for a new generation of college-goers. —Seth Allen Dean of Admission & Financial Aid Grinnell College It's rare that one can say of the same book, “ Kids, give this to your parents if you want them to understand who you are and where you will thrive and grow into who you were meant to be,” and, “ Parents, give this to your kids if you want to participate with them in this most important rite of passage.” —Elizabeth Lesser, cofounder Omega Institute and author of the New York Times bestseller, Broken Open: How Difficult Times Can Help Us Grow

This should be required reading for every high school student (and their parents) before they begin the college application process. ” —Daniel J. Saracino Assistant Provost for Enrollment University of Notre Dame

Amid the chaos of college admissions, Malachuk provides a refreshing step-by-step guide on how to maintain a sense of self in the process—the key to getting into the right college for you.

—Kathleen Kingsbury, Time and Daily Beast contributor

From Amazon.com

“The author provides a road map which is both soulful and savvy, presented in a voice which is wise, hip and at times hilarious. Always asking the reader the essential questions. I consider 'YA' a must read, for any teachers, parents and students who are involved in the college selection process.”

“Ms. Malachuk advises applicants to forget about rankings and status and focus on who they are and what they value. Equally important, she is honest and personal, and writes in a breezy, high energy style that will really resonate with teens... Along with a good college directory, [You're Accepted] is all a student needs to begin to make getting into college a positive and confidence building experience rather than one that is unnecessarily stressful and dehumanizing. You're Accepted is a truly great book that deserves five stars!! ”

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## 内容简介

From the company that gets more people in business school than any other and author of the successful *You're Accepted*, comes a new guide to getting into business school while leaving stress behind and finding your own true self. Katie Malachuk, who has seen the admissions process from every angle, guides applicants on how to highlight their strengths and talents in a natural and appealing way. As one of the country's most popular and effective grad school admissions consultants, Malachuk addresses the myths and facts about each phase of the process and introduces her user-friendly philosophy to give a new perspective to those facing this daunting challenge. Her approach will take the reader through exercises designed to develop self-knowledge, self-acceptance, and self-confidence. In this results-oriented book, applicants will gain not only admission to business school, but also an understanding that life is bigger than just getting in. The life lessons learned from this invaluable book will transcend the application process and offer readers insight into their own individual gifts, values, and passions that will carry them through business school and beyond.

*Earn It* is an invaluable tool for getting into business school and an important step in starting

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