

# '1 Shot' can be intriguing, but lacks proper citation

The vast majority of humans wander along the pathway of years without any destination or goal or even a road map."

This quote by Og Mandino introduces the reader to "Only 1 Shot: Aligning the Inner Soul with Action," the first in a planned series of books by Randall Scott Rogers designed to provide just the sort of "road map" that Mandino thinks most people lack.

Rogers is founder and president of the Personal Strategy Institute. He was a management consultant for 15 years, working with companies primarily in the areas of strategic planning and organizational alignment.

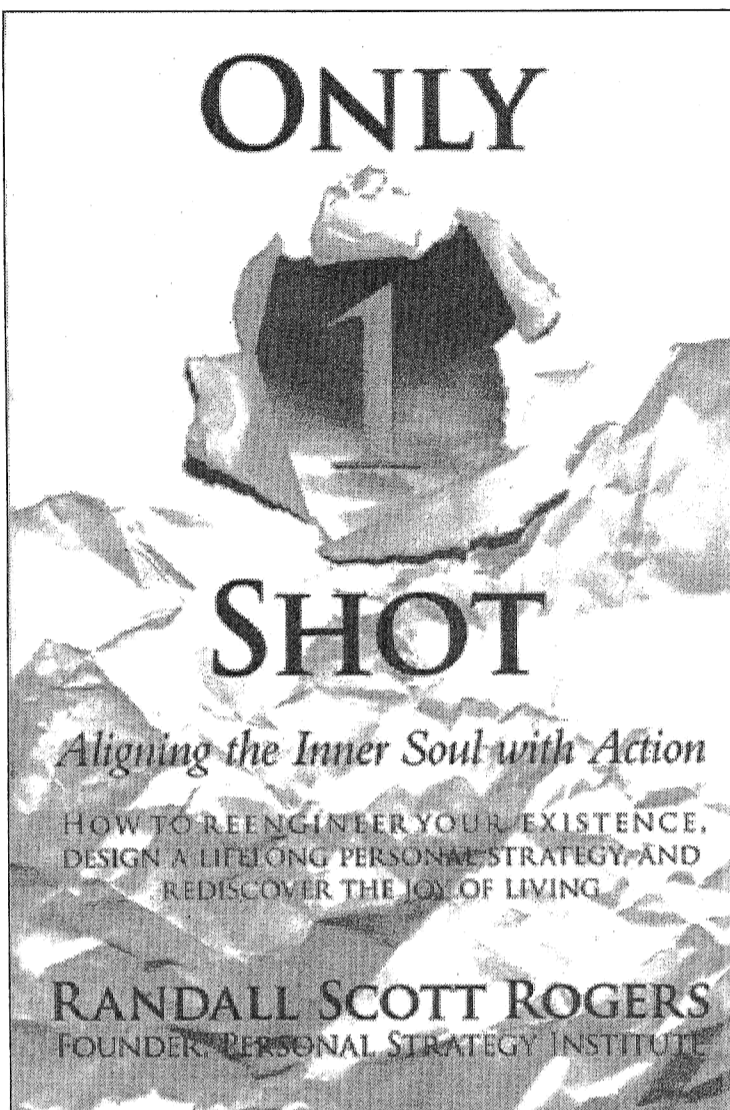
Rogers begins the book by outlining the need for greater alignment between our inner experiences and the outside world. He accentuates this need with several sobering statistics, including the realization that each year in the United States 60 million people are suffering from some form of mental illness, 27 million are dealing with alcohol and drug addiction, and more than 400,000 attempt suicide – of which roughly 33,000 are successful.

Central to the author's thesis is the importance of developing a "personal strategy," which, according to Rogers, consists of moving from one's "present position" to a desired "future position" by nurturing the ability to do many things in an integrated fashion and developing the capacity to overcome obstacles in order to achieve a "fragrant life."

"Developing personal strategy is foreign to most people," Rogers asserts. "To illustrate my point, ask yourself how many people you know who have developed and implemented a personal strategy for living. Few, I would imagine."

Rogers believes that "alignment" is the primary mechanism by which people can achieve internal peace of mind while simultaneously enhancing external achievement. "Alignment is everything," he explains. Breaking this down further, he sees alignment as a process that takes time, requires constant adjustment, and focuses on relationships.

"There are only two ways to operate in life: 1) you can operate from self or 2) you can operate from soul," Rogers explains. "You will discover that when we operate from soul, it results in a much different, much better life experience than when we operate



*"Only 1 Shot: Aligning the Inner Soul with Action," by Randall Scott Rogers. Itasca, Ill.: Personal Strategy Institute, 2010. 730 pages, \$34.95.*

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from self." It should be pointed out that Rogers defines "soul" in a nonreligious, more universal sense.

A major criticism of "Only 1 Shot" is that the reader essentially has to take the author's word about everything. There are no citations in the narrative – even when Rogers provides statistics or quotes. Moreover, he does not provide a list of references or even an index in the back of the book that would allow readers to check the accuracy of his statements or locate key concepts and ideas efficiently.

Overall, "Only 1 Shot" is not a completely bad book. Several of his ideas are provocative and

stimulate reflection on fundamental questions shared by most human beings. The writing style is conducive to interpretation and parts of the book are intensely interesting and even poignant. At the same time, Rogers often crosses the fine line between explaining his ideas and indulging in unnecessary self-promotion.

The vast majority of the tome (and at 730 pages, it qualifies as such), however, is repetitive, prescriptive and somewhat esoteric. In the final analysis, nothing Rogers has to say is terribly original or innovative.

Near the end of the book, Rogers includes a quote by Henry Kissinger: "The real distinction is between those who adapt their purposes to reality and those who seek to mold reality in light of their purposes."

In "Only 1 Shot," it's hard to tell which Rogers is trying to do.

— Reviewed by Aaron W. Hughey, Department of Counseling and Student Affairs, Western Kentucky University