



# What Mama Taught Me: The Seven Core Values of Life

*Tony Brown*

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"This book is inspired by Mama, an angel named Elizabeth Sanford, who saved my life, raised me, and instilled in me the core values that have guided me on my journey in the world," writes Tony Brown in his inspiring and empowering new book, *What Mama Taught Me*.

Millions of viewers of Tony Brown's Journal, the longest-running series on PBS, know Tony Brown as an advocate for self-reliance and self-enrichment. Now, in his most personal book yet, he introduces us to the woman who brought him up and taught him the seven core values he lives by to this day. He shows that if each person can learn these principles, he or she will be able to lead a prosperous, happy, and successful life. Written with Brown's signature strength and vitality -- and enhanced by the homespun storytelling he heard as a child -- *What Mama Taught Me* states that only by understanding one's place in the world can one become free in mind and spirit, which is the path to true success.

Brown argues that by following other people's rules, we betray ourselves and our desires, resulting in a vicious cycle of disconnection, unhappiness, and spiritual death. A distillation of the life lessons he learned in childhood, this book represents Brown's own personal recipe for achievement, values that provide a blueprint for reaching success and happiness -- on one's own terms.



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Spent a free time for you to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the reserve untitled What Mama Taught Me: The Seven Core Values of Life can be good book to read. May be it may be best activity to you.

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