

# Leap Into the Lake

Leap Into Your Life

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## Book Review: Upgrade

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Upgrade: Taking Your Work and Life from Ordinary to Extraordinary

by [Rana Florida](#)

I skimmed a sample of this online and decided it was worth buying electronically. (I avoid buying hardcopy books because of storage reasons these days. That, and moving around the world often makes you want to cut down your stuff.) I've read other books in this genre, and I think I was just really ready to "hear" this one. Many of her experiences also resonated. For me, this book worked. It's a big reason why I stopped vaguely dreaming about blogging someday to support my dream second career as a writer / speaker and actually started one.

**What Resonated:** Her stories about life in corporate America, such as the one where she decided to decorate her office with two purple chairs, and got slapped down for not sticking with

the corporate office decoration theme. The boss who chastised her for an hour and twenty minute lunch spent with colleagues and potential partners. I could relate to all of that.

Like her, I also didn't grow up with a strong passion towards any one particular thing. I really liked her chapter on creativity. And her three categories for how to spend your time – have fun, be productive, give back. That sticks in my head often.

"The top-down leadership model is outdated, old, and antiquated." Amen, sister, please say that again.

**What I Wish She'd Done Differently:** She ended Chapter 1 with homework, 8 specific steps to take. I like homework, steps, quizzes, all that stuff. I wish she'd been consistent with that. I also wish she'd included a list somewhere of the exercises that she sprinkled in some of the other chapters. I'm kind of surprised an editor didn't spot that (but maybe an editor did and got turned down...)

Does this book work for everybody – no. I was a little surprised at some of the negative reviews I ready on Amazon, but I can kind of see their points. Some of her advice is going to work better for certain personalities rather than others.

**Was It Worth My Money?** Yes.

The screenshot shows the iBooks store page for the book "Upgrade: Taking Your Work and Life to Extraordinary" by Rana Florida. The book cover is visible on the left, showing a teal background with the title "UPGRADE" in large white letters. To the right of the cover, the title "Upgrade: Taking Yo..." and author "Rana Florida" are displayed, along with the price "\$19.99". Below this is a "View" button. Further down, under the heading "Description", there is a paragraph of text. A vertical scroll bar is visible on the right side of the screen.

**Description**

The 7 Key Principles to achieving  
YOUR business and life goals  
What could a graffiti artist, eminent  
neurologist, star athlete, celebrity chef,  
fashion designer, rocket scientist, and  
Grammy Award-winning musician  
possibly have in common?  
In this groundbreaking new book, Rana