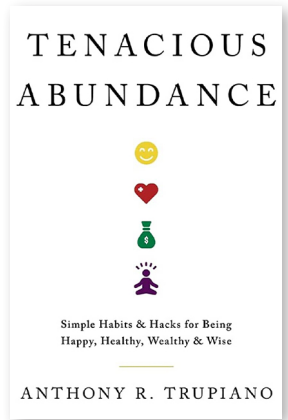


# Tenacious Abundance

Simple Habits & Hacks for Being Happy, Healthy,  
Wealthy & Wise

by **Anthony R. Trupiano**



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## THE SUMMARY IN BRIEF

You can have it all. Happiness, health, wealth, and wisdom—you do not have to compromise any one of these for the other. You can build a life of abundance. In *Tenacious Abundance: Simple Habits & Hacks for Being Happy, Healthy, Wealthy & Wise*, Anthony Trupiano breaks down all the key beliefs, habits, and hacks necessary for you to thrive in all areas of your life. Between his financial journey from being broke to being a millionaire, his happy marriage of thirty-one-plus years, and his own robust physical health, Anthony shares what has helped him build his life of abundance.

For over three decades, Anthony's tested guidance from countless seminars, books, and life coaches to discover the best methods for success. Through their teachings, Anthony identified two vital traits: tenacious habits and a mindset of abundance. Consider this your handbook for growing these two traits within yourself. If you can be tenacious and pursue abundance, your quality of life will grow past comfort and contentment. Anthony's tactics and techniques will help you seize the life you want without any compromise.

## IN THIS SUMMARY, YOU WILL LEARN:

- Key beliefs, habits, and hacks necessary to thrive in all areas of life.
- How to grow the two vital traits for success within yourself.
- Tactics and techniques to help you seize the life you want.
- Simple, actionable, and proven ways to experience a richer, more abundant life in all key areas.
- The 3-Anchor Method to create your perfect day.

## Introduction

Most of us want to change something about ourselves. We have things in our lives we want to improve, but we struggle to find clear and effective solutions. This book was written to give readers simple, actionable, and proven ways to experience a richer, more abundant life in all key areas.

The goal is clear: to become abundant in all the key aspects of your life. Happiness. Health. Wealth. Wisdom. And then put it all together and live a blessed life. But just because the goal is clear, that does not mean we know the path to it. Without a conscious commitment to intentionally working on your happiness, health, wealth, and wisdom, you'll always default to just chasing daily problems, whether it be in your family, your business, your career, or any other key areas.

This book is about real, practical things you can do to invite the overflowing gift of abundance into your life. It is for everyone because anyone who wants more in their life can receive it. I'm here to tell you that abundance really is possible in all key areas of your life. And even though you can't create it instantly in every area all at once, you can begin to turn things around right away by implementing a few simple habits, hacks, or beliefs in each area.

The habits and hacks I recommend need to be done consistently for at least a few months before you can call them your own (which doesn't mean you won't start feeling benefits right away—you will). Realistically, habits take a minimum of ninety days (and often more) to get wired into your system, much longer than the twenty-one to thirty days that the self-help industry touts as long enough to establish a new habit.

This book is purposely designed for easy reading. I wrote it for busy people who do not have time for a lot of fluff or padding. This book also does not have to be read all the way through from beginning to end to get tremendous benefit from it. It is structured so you can start with any chapter and get something out of it immediately. This book is to help you discover and implement your key habits and hacks for tenacious abundance in all areas of your life, using the same twenty-four hours that everyone has.

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## Chapter 1: I Am Happy

### Three Key Habits/Hacks

Use a superhero pose in the mirror every morning and tell yourself any/or all of the following: "I am enough, have enough, and do enough." "I love my life and have no

strife." "I am a great husband/wife, I am a great father/mother, I am a great son/daughter, I am a great brother/sister, I am a great friend, I am great at [whatever your occupation is]," and then finish with "I am a great person and I unconditionally love myself."

Start your day with a sincere compliment or a way to help someone else have a great day. Helping others helps you. Surround yourself with people who give you energy and add value to your life. It is very important that you are reciprocating.

### Three Key Questions

Whom do I love, who loves me? What in my life is going great right now? Who could I sincerely compliment today via a text, email, or phone call?

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## Chapter 2: I Am Healthy

### Three Key Habits/Hacks

Drink plenty of water each day, especially upon rising (see chart in this chapter). I recommend using a twenty-six-ounce Yeti with a straw to increase water consumption throughout the day. Also, scrape your tongue with a spoon upon rising and before bed at night. Use the Lose It app to understand daily caloric intake; it will give insights on how many calories you should be eating each day. The most important thing is to choose quality whole foods, especially foods that are high in fiber. Stop eating after 8:00 p.m. until 8:00 a.m. (a twelve-hour fast is great for your digestive system). Try to move every day, either exercise, walking, breathing, and/or my two-minute exercise or ten-minute isometrics. Get outside when possible to get sun on your skin and sweat out toxins.

### Three Key Questions

What would be a healthier choice to eat today? How could I make exercise more fun? Who could I model that is leading a fit and healthy lifestyle?

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## Chapter 3: I Am Wealthy

### Three Key Habits/Hacks

Find a true fiduciary advisor that, by law, must place your interest ahead of their own. If you don't do that, at least use a role model who has created the kind of results you want and then replicate what they do. Build a team of professionals around you. Take a percentage of what you earn and place it

in an investment with limited access so it can compound and grow over time (3 percent, 5 percent, or 10 percent, whatever you can do—just start). This habit will serve you well. When starting and running a business or a new job, your deepest level must come before the how (strategy) of your business. Always start with why it is important to you.

### Three Key Questions

Who could I model now that is getting the results I would like to achieve? How could I create multiple sources of income in my life? What one action could I take today to create more wealth or success in my life?

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## Chapter 4: I Am Wise

### Three Key Habits/Hacks

Do your most important or hardest task of the day first. I promise you, this will change your life. Keep your vision board in sight, too. Keep a book on your nightstand and read at least a page or two each night, which creates the habit of becoming a reader. Or listen to a podcast every night to become a learner. Join a program like MindValley where you can have access to some of the most successful people at a very reasonable cost. Most of their programs are broken out into small time frames each day, so they are very simple to fit into your daily life. There are other amazing resources you can benefit from like Ed Mylett podcasts, James Clear's weekly newsletter or blinklist for a synopsis of over 5,000 books.

### Three Key Questions

How can I make learning something new both simple and fun? Who could I model knowing the shortest path to success is finding a role model? In what ways would my life improve by learning something new each day?

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## Chapter 5: Create the Perfect Day, Then Live Your Perfect Life

The most abundant people create their own days, and they do not spend them in reactive mode putting out fires. They carefully and intentionally think through the day's top priorities and then get them completed first.

People who create their own days are tenacious about it and, at a minimum, always use the three anchors to have a good and productive day.

You will always struggle to maintain consistent abundance

in all areas of your life unless you learn to master your own daily schedule. Remember, you are the boss of your life!

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## Chapter 6: Tenacious Thought Leaders

What follows is my curated list of content that delivers value that is off the charts. For each video, I give you a very brief synopsis of why it is worth your time and provide the runtime so you'll know how much time to set aside to watch any particular video. None of the videos are longer than twenty minutes and many are much shorter. I encourage you to do a short reflection after viewing and give yourself at least one actionable item to implement from what you learned. The stars of each video are the following:

Sean Stephenson was one of the most respected members of the Genius Network and was always a shining light.

Marisa Peer is the British equivalent of Tony Robbins and certainly no beginner in living an abundant life.

Joel Osteen talks about the power of "I am" and how important it is for us to make sure whatever follows "I am" is self-empowering and not negative.

Coach Lou Holtz gives some priceless advice on leadership and life.

Coach John Wooden is the definition of leadership and a life teacher.

Bo Eason has a unique style of captivating the listener and delivering the message in a way that you will not forget it.

Admiral William McRaven is the real deal. To become a Navy SEAL is ridiculously tough, and his delivery and content in this video reflects that.

Tony Robbins is clearly the king of motivation and, in my eyes, the most effective human being on the planet for helping others change.

Tucker Max, founder of Scribe Media, is just a straightforward person who tells you like it is. His story and advice are spot-on—and his humor is great.

Evan Carmichael is simply a wonderful person who wakes up every day truly passionate to help others.

Ed Mylett has become a podcast star because of his great interviewing skills, and it has attracted some of the most sought-after high performers on the planet.

Mike Rowe, in his witty and well-spoken manner, shares his

thoughts on the next generation and gives an extraordinarily candid interview about life and work.

James Clear is the modern-day master of habits, and trust me – habits maketh the man!

Dave Asprey is known as the founder of Bulletproof Coffee, but he is also the creator of biohacking.

Ken Honda, Japan's best-known secret, has written over fifty books on money.

Bob Proctor is known as the grandfather of motivational speaking, and that moniker is well-earned.

Dr. Wayne Dyer's last video message, and he clearly saved the best for last.

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## Chapter 7: Music – The Healthy Wonder Drug

This is the shortest chapter in the book, but do not let that mislead you about its importance. Music is one of the most powerful tools in our toolkit when we consciously use it. To put it another way: Music is one of the most undervalued resources for motivating us, for making us happy, and for serving as anchors for moods and moments of our lives.

What I want to do in this chapter is convince you that music is a powerful aid in bringing more abundance in our lives, and if we use it tenaciously and intentionally, we will get more value out of it. I think we should all create a playlist for our own lives and break it up into major categories.

## Chapter 8: I Am Blessed

### Three Habits/Hacks

Write down at least three to ten things you are grateful for each morning and then think of at least one to two great things that happened during the day before you go to sleep so it is last on your mind. Realize there is always someone in the world worse off than you. Stop being a victim, think big picture, and choose to be grateful when challenged. Watch Joel Osteen Sunday morning for a positive and uplifting message to start your week. Pray for others each night before going to bed; there's no better way to feel blessed than praying and thinking of others. When you focus on adding value and helping others, it is impossible to feel bad about yourself.

### Three Key Questions

Who can I help today that is not able to repay me? In what ways am I a blessing to others? What in my life, family, friends, or career is a blessing to me today?

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## Conclusion

One of this book's guiding stars has been to make it a practical and easy guide to implementing change a little at a time. So, stand up, take a deep breath, and smile big. Start your amazing journey toward living a life of tenacious abundance.



**Anthony Trupiano** has been happily married, successfully self-employed, and physically healthy for over three decades. He has found success in the finance and insurance industry for over twenty-one years now, though he also worked in health and fitness, as well as food and catering. Anthony has completed dozens of life-improvement programs and has also been a speaker at events for organizations such as MassMutual, New York Life, Deutsche Bank, Prudential, Million Dollar Round Table, and an NFL financial workshop for the Jacksonville Jaguars.

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