

ALL CONNECTIONS MATTER

by

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The book privileges the individual to take ownership for life-altering changes. Banks posits that our human connections matter, and we need to plug into the ones that work well. A goal of the book is to help people improve career connections. However, the tools provided benefit both personal and professional connections. Making those connections is something she argues that we can proactively do in our lives and that we should consciously set out to accomplish. What the book affords is an opportunity to not only hold the mirror up, but tilt it 360 degrees around your life for a full view of your connections.

The book is dosed with powerful, motivational quotes from renowned leaders, entertainers, and writers such as General Colin Powell, Oprah Winfrey, and Dale Carnegie, an iconic writer on self-improvement. There are a host of ways to encourage people to change their lives. Some of the quoted individuals illuminate what might not always be obvious, for example, this quote by Oprah Winfrey: “Surround yourself with only people who are going to lift you higher. Life is already filled with those who want to bring you down.” Memorable quotes like this one are threaded throughout the book and provoke thought on perseverance through professional challenges and personal adversities. Career guidance can cover a number of topics; however, this book works to hone in on the connections that can strengthen or bind an individual. It provides agency to people who use the book to empower their lives by using the exercises and resources to make personal changes. Banks walks people through a process of examining connections for their relevance and importance. She also notes not to fear disconnecting from those who are not in support of your success and wellbeing.