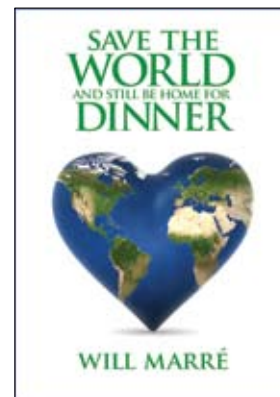


# THE PAYOFFS OF INTEGRITY

*from Save the World and Still Be Home for Dinner*



Living with integrity is not unattainable or unrealistic. In fact, according to Will Marré, author of the new book **SAVE THE WORLD AND STILL BE HOME FOR DINNER** (Capital Books, Sept. 30), living with integrity is the most realistic way to live. Integrity happens when what really matters most in life matters most to us. It's then that our truest life finds us.

Here are what Marré believes are the seven top payoffs of living with integrity:

- 1) Integrity quiets the mind** – The noisy babble in our minds quiets down to an occasional background whisper. This profoundly transforms the way we experience daily life. We stop living in our heads, and can sit in silence without addictively reaching for the TV remote. In fact, silence becomes a deeply nourishing “soul food” that we insist upon building into our lives, rather than drowning it out with endless distractions.
- 2) Integrity stimulates creative persistence to achieve our self-chosen goals** – We don't get sidetracked. Guided by our Promise, rather than our fears, we move steadily forward, unperturbed by setbacks or short-term failure.
- 3) Integrity gives us healthy awareness of our shortcomings** – **We don't fear what we are not good at.** We don't try to cover up mistakes or inadequacies, and we welcome the input of others who have talents that we don't possess. We exult in our gifts and manage our weaknesses so that they don't become fatal flaws, but we don't sweat our shortcomings. Instead, we invest the greatest part of our energies capitalizing on our true strengths.
- 4) Integrity gives us a sense of purpose** – A sense of meaning permeates our life. An inner theme informs every decision, large and small. We understand that the little things are the big things. No act of kindness, encouragement, teaching or emotional support is seen as insignificant.
- 5) Integrity means we're not afraid to ask for what we want** – We ask for what our soul desires with a power and intensity equal to that desire. Stating our desires unapologetically, without whining or begging, has spiritual power. It takes the internal pressure off. If we sincerely believe we deserve a raise, for example, we ask for it. If we believe our employer can make better, safer products or have more responsible policies, we stand up and ask for those changes persuasively.
- 6) Integrity means being patient and decisive** – We can approach tasks like a seasoned fisherman – be patient for answers to come to you, and when you feel the tug of the right answer on your line, act decisively. Set your hook into the decision and move forward.
- 7) Integrity strengthens our spiritual immune system** – Our own negative thoughts and those of others pass through us without infecting us. Having integrity in our lives is like taking mega-doses of spiritual vitamins. Events that “sicken” those around us lose their power to affect our health and well-being.

**To Schedule an interview with Will Marré, please contact  
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