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## About the Author

Leadership, Experience, Integrity and Results! These are the principals that have led to Jeff Freeman's corporate and business success. He's been fortunate to have led many departments, teams and projects to successful results. He stresses focus and execution in order to deliver high productivity, operational effectiveness and positive financial results. Mr. Freeman is an Author, public speaker and Visiting University Professor. In addition, he is a Senior Project Manager at an international telecom company. He is also the founder and owner of a Project Management Consulting company. Throughout his management career, he has been responsible for the implementation and delivery of key, large-scale, IT multi-national, complex projects. He has managed projects for fortune 500 companies, such as, Disney, Accenture, TRW, Proctor and Gamble, Unilever, Nestle, Bristol Meyers Squibb, to name a few. With an MBA and a Master's Degree in Software Engineering, Jeff has been able to take on exciting corporate and entrepreneurial challenges. He has over 20 years of hands on Management, Business, Entrepreneurial and technical experience, working for several well established companies. He's a master team builder and performance motivator in many industries, including, Telecommunications, Entertainment, Consulting, Software Engineering, Banking, E-commerce and Aerospace. In his spare time, Jeff enjoys his family life with his wife of 23+ years and his Teen age son in California. Mr. Freeman is fortunate to have the opportunity to be a long-time Youth Sports coach in the Orange County community. He's had the pleasure of coaching Pop Warner Football, NJB Basketball, and Little League Baseball. In addition, he enjoys International Traveling, gardening, cooking, golf and singing in the Men's choir at his church in Yorba Linda, CA. Jeff learned early in life that he could only attain success by performing at peak levels. Throughout his long career in corporate America, Freeman studied how individuals and teams perform in the work environment. His observations eventually led him to create the Eight Pillars of Optimum Performance, a method that consistently reaps optimal results.

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Are you tired of working hard to only attain a moderate level of success? Do you long to achieve impressive heights? Do you wish every area of your life were marked with victories? If you answered yes to any of these questions, this book is for you.

A beast hides inside you—a strong, powerful, optimal performer who is just waiting to be released so you can finally transform into the great person you were meant to be. In *Unleash the Beast in You—Go from Good to Great*, author Jeff Freeman, MBA, PMP, presents his guaranteed method to maximize your potential and enjoy consistent results.

The Eight Pillars of Optimum Performance (EPOP):

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