



Quit

The Last Principle of Success

Have you ever felt embarrassed by the fact that you had to walk away from a goal?

A professional football player quit during halftime. A military commander quit his troops to be with his family. People who quit are often ridiculed and shamed because we are a hyper-performance-based society where “quit” is a dirty word.

But without the ability to quit, it is impossible to achieve success. No one knows this better than **Dr. Stan. He quit the Marine Corps and earned a law degree, and quit being a thief and earned a doctorate.**

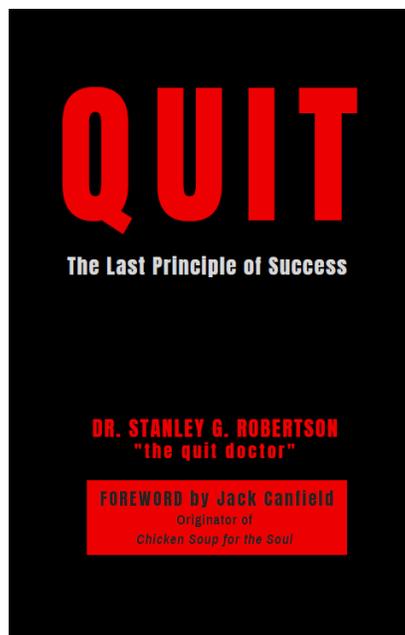
There are countless situations of everyday individuals who struggle over the decision to quit because of the emotional stigma associated with the concept.

But the notion that “winners never quit” is a myth. The truth is that winners quit all the time. **Michael Jordan quit baseball and won a 3-peat; Thomas Jefferson quit Great Britain and started America; The Rock quit wrestling and became an action star; and Arnold Schwarzenegger quit being an action star and became a governor.**

Dr. Stan has come to be known as “the quit doctor” because of his relentless determination to heal the world of the stigma and shame associated with the concept of quitting. He is an author, coach and speaker.

STORY IDEAS

- **How jigsaw puzzles are preventing your success.**
- **4 things to help you overcome the stigma of quitting.**
- **How to quit being an assistant and start being the boss.**
- **6 good reasons why you should throw in the towel on your goals.**
- **Surprising reasons why you keep being a day late and a dollar short.**



MEDIA EXPERIENCE

Dr. Stan hosted a talk show titled The Ink Spot on local access television in Chicago from 2005-2010. The Ink Spot was heard on WVON/iHeartRadio in 2011. He has appeared on various local radio and television shows.

CONTACT

DR. STANLEY G. ROBERTSON
“the quit doctor”
thequitdoctor.com
drstan@thequitdoctor.com
312.715.7712