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They old man continued by saying that to obtain more peaks, he must manage his valleys well. The wise things you do in bad times shapes good times; the errors you do in good times shapes bad times. This made sense to the young man.

### Summary and Review of "Peaks and Valleys" by Spencer ...

Peaks and Valleys: Making Good And Bad Times Work For You--At Work An. Spencer Johnson. Simon and Schuster, Apr 3, 2010 - Business & Economics - 112 pages. 11 Reviews.

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Peaks and Valleysis a story of a young man who lives unhappily in a valley until he meets an old man who lives on a peak, and it changes his work and life forever. Initially, the young man does not realize he is talking with one the most peaceful and successful people in the world. However, through a series of conversations and experiences that occur up on peaks and down in valleys, the young ...

### Peaks and Valleys: Making Good and Bad Times Work for You ...

Oh and my fatty liver decreased in size, even though i ate mostly meat cheese and so on. So it's about a lifestyle in general, and quitting the bad carbs of course. As a small 'cheat' today I had 300 ml of milk and 1/4 of a banana. I felt good. Im still not hungry. Stay safe and take care! And follow the diet as your body tells you to adapt.