

## PRESS KIT

***Six or Seven: The Sweet Spot for a Life That Works***  
by J. Arthur



# Six or Seven

## Book Overview

Six or Seven introduces a new philosophy for success in a world exhausted by perfection. Instead of pushing people to live at a constant “10,” the book invites readers to aim for the sweet spot — a sustainable level of effort where progress is possible, burnout is avoided, and life remains livable.

## The 6 or 7 Philosophy

The 6 or 7 Philosophy challenges the belief that success requires extremes. It encourages steady, repeatable progress instead of perfection, intensity, or constant hustle. A 6 or 7 isn't average — it's sustainable.

## About the Author

J. Arthur is the creator of the 6 or 7 Philosophy, a framework designed to help people build meaningful, sustainable lives without burnout or perfectionism.

## Key Themes

Consistency beats intensity  
Burnout isn't a badge of honor  
Progress you can repeat beats perfection you can't  
Mental health without shame

## Quotes

“A 6 or 7 life isn't average — it's sustainable.” “Success shouldn't cost you your humanity.”

## Book Details

Genre: Personal Growth / Mental Wellness / Philosophy

Formats: Print, eBook, Digital Companion

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Find the sweet spot  
between burnout and self-  
respect.

**RISING  
BEST  
SELLER**

**Six or Seven**  
The Sweet Spot  
by J. ARTHUR

6 or 7  
Today's Check-in

Today's 6 or 7 Check-in  
1 2 3 4 5 6 7 8 9 10  
Energy: [ ] Mood: [ ] Focus: [ ]  
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
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“Progress you can repeat  
beats perfection you can't.”  
— Jason S. (Reader)

“A wise, necessary, and kind approach to success.”  
— Susanne Z. (Educator)

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