



There's No Traffic on the Extra Mile: Lessons on the Road from Dreams to Destiny

Rickey Minor

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The ultimate American Idol insider reveals what it takes to achieve your dreams, recalling his journey from South Central to center stage.

As a highly successful musician and producer, Rickey Minor has worked with some of the world's most celebrated performers. He knows firsthand that there are reasons why some people succeed, while others fail despite their talent. As *American Idol's* music director, Rickey Minor helps contestants reach for their dreams week after week. He's seen it all behind the scenes at the wildly popular show.

In *There's No Traffic on the Extra Mile*, Minor spins stories from his life in the music business into inspirational gold, imparting the lessons he has learned the hard way, including:

- Always give people more than they were expecting. But remember that you can't please everyone all the time.
- Look for mentors. Minor recounts how Quincy Jones became his.
- Why every action moves you closer or farther away from your aspiration—and how to tell the difference.
- If you can't get what you want, it may be because you're not ready yet. When the time comes, you'll know.

He also provides juicy behind-the-scenes anecdotes about *Idol* contestants, and the keys to their success. He sees the show as a condensed version of life itself. The setbacks the performers face, and their triumphs, mirror our own. But his bottom line, no matter what your field of endeavor, is this: If you drive hard enough, sooner or later you will be the only one left on the road.

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