

What S Holding You Back Sam Horn Thebookee

A Breakthrough Bravery System to Confront Your Greatest Fears, Find Your Purpose, and Create the Successful Life You Want Feeling directionless, or perhaps too intimidated to make a necessary change in your life? Tired of letting your fears keep you from achieving your goals or becoming healthier, happier, or more successful? If so, this book is for you. Popular life coach and consultant Adam Smith has created a powerful method to help you harness your inner passion and drive to overcome whatever is holding you back. The Bravest You presents the five-step Bravery Process, an easy and highly effective way to master our biggest fears. Offering inspiring and helpful advice, Smith guides you through each of stage of the process—Complacency, Inspiration, Fear, Passion, Bravery—showing how to identify goals and passions and apply the Bravery Process to any circumstance. These proven techniques will empower you to conquer your doubts once and for all and become your bravest self. Covering the ten most common fears all successful people face, from the fears of inadequacy and being judged, to rejection, failure, loss of control, and loneliness, The Bravest You arms you with the necessary tools to tackle any fear-inducing situation head-on and lead the braver, happier, and more successful life you've always imagined.

There's incredible power in you. No doubt there are things that you want to do, things that you'd like to have or experience - and things that you want to achieve or accomplish. Have you ever asked yourself 'What's holding me back?', 'What's keeping me from having the 'better' that I want for my life and for those I love?' Like a mighty elephant, 3 - 5 tons of potential power, too many can be held back by strings...strings others tie, strings of our own design, and strings that we're given and accept...almost unknowingly... People are made for happiness. Come on this trip with Maggie and meet Otumbo - and we'll discover the assumptions and beliefs that either give us wings or hold us in mediocrity and unhappiness... tethered.

The idea that you could be more but got in your own way should wake you up in the middle of the night. Dave Hollis used to think that "personal growth" was just for broken people, then he woke up. When a looming career funk, a growing drinking problem, and a challenging trek through therapy battered Dave Hollis, a Disney executive and father of four, he began to realize he was letting untruths about himself dictate his life. As he sank to the bottom of his valley, he had to make a choice. Would he push himself out of his comfort zone to become the best man he was capable of being, or would he play it safe and settle for mediocrity? In Get Out of Your Own Way, Dave tackles topics he once found it difficult to be honest about, things like his struggles with alcohol and his insecurities about being a dad. Offering encouragement, challenges, and a hundred moments to laugh, Dave will help you: Discover the way for those of us who are, like he was, skeptical of self-help but wanting something more than the status quo Drop negative ideas about who we are supposed to be and finally start living as who we really are See our own journeys more clearly as he unpacks the lies he once believed—such as "I Have to Have It All Together" and "Failure Means You're Weak" Learn the tools that helped him change his life, and may change your life too Get Out of Your Own Way is a call to arms for anyone who's interested in a more fulfilled life, who, along the way, may have lost their "why" and now wonders how to unlock their potential or be better for their loved ones.

This is not your regular health and fitness book. Scott shares the strategies and tools that have allowed him and his clients to overcome limiting beliefs, self sabotage, push through the resistance of change, and play a bigger game. The nutrition and training advice is simple, succinct and to the point. That anyone can begin doing today to achieve success. In a world where everyone keeps telling themselves that their secret to success is with an exercise program or nutrition program they are yet to find, this book recognises a much more holistic approach that can be achieved by anyone... Something that is definitely needed in a space where most of the population is fighting a losing battle.

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Take Hold of the Faith You Long For

30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want

Closing the Gap Between Where You Are and Where You Want to Be

Slay Like a Mother

Gripped

Facing Fear

How to Not Die Alone

"Leadership is not for everyone. It requires bold, gutsy individuals. If you accept that premise, you will find his [Bob Herbold's] book rewarding reading." —Harvey Schachter, The Globe and Mail Quit hiding from tough decisions and learn to confront them head-on Why do managers at all levels sacrifice corporate success by shying away from making the tough decisions? What's Holding You Back? reveals exactly why managers often hesitate to confront difficult issues-whether it's the absence of a perfect solution, the knowledge that no decision will please everyone, etc.-and, most importantly, how they can overcome these common managerial obstacles to maximize their company's success. What's Holding You Back? elucidates the ten core principles of confident leadership, outlining proven tactics by which managers can confront their inner wimp and highlight their inner courage. Features dynamic real-world examples from Apple, Microsoft, Porsche, IBM, Merck, Canon, Sony, Whirlpool, IDEO, Tesco, P&G, Target, 3M, and more Pinpoints the corporate failures that can result from hesitant or self-conscious organizations, and what managers can do to avoid them Clearly delineates how managers can cultivate and deliver accountable and decisive leadership, even during the toughest dilemmas What's Holding You Back? proves that practicing gutsy leadership is the key to operational and innovative excellence in the workplace

A practical guide to overcoming fear from the daredevil who has walked on a tightrope across Times Square and the Grand Canyon. Nik Wallenda is a seventh-generation member of the Flying Wallendas, a circus family

known for performing dangerous feats without safety nets. Nik is known for his daring televised tightrope walks over Niagara Falls, the Grand Canyon, Times Square, and an active volcano. Nik has been walking the wire since he took his first steps, but he had never experienced fear until a tragic accident in 2017. The eight-person pyramid he and several members of his family were practicing collapsed, and five of its members fell thirty feet to the ground. While severely injured, they all survived miraculously, but the accident changed Nik's life forever. For the first time he felt overwhelming fear, and Nik had to find it in himself to move on, release the past, and get back out on the wire. Most of us will never walk a tightrope, but we face things that scare us every day. Whether putting ourselves out there socially or seeking a dream job, all of us allow anxieties and fears to hold us back. In *Facing Fear*, you will: Discover how to overcome lifelong areas of personal fear Understand the importance of dealing with trauma to fully heal and move forward Gain the determination to pick yourself up, grow in faith, and purposely walk toward success one step at a time *Facing Fear* weaves parts of Nik's personal story of the accident and how he conquered his fear with practical advice to help you overcome whatever fears are holding you back. This practical book will help you step out in faith and trust that God will hold you steady, even when you're afraid.

#1 NEW YORK TIMES BESTSELLER • The vital inside account of American democracy in its darkest hour, from the rise of autocracy unleashed by Trump to the January 6 insurrection, and a warning that those forces remain as potent as ever—from the congressman who led the first impeachment of Donald J. Trump “Engaging and informative . . . a manual for how to probe and question power, how to hold leaders accountable in a time of diminishing responsibility.”—The Washington Post In the years leading up to the election of Donald Trump, Congressman Adam Schiff had already been sounding the alarm over the resurgence of autocracy around the world, and the threat this posed to the United States. But as he led the probe into Donald Trump's Russia and Ukraine-related abuses of presidential power, Schiff came to the terrible conclusion that the principal threat to American democracy now came from within. In *Midnight in Washington*, Schiff argues that the Trump presidency has so weakened our institutions and compromised the Republican Party that the peril will last for years, requiring unprecedented vigilance against the growing and dangerous appeal of authoritarianism. The congressman chronicles step-by-step just how our democracy was put at such risk, and traces his own path to meeting the crisis—from serious prosecutor, to congressman with an expertise in national security and a reputation for bipartisanship, to liberal lightning rod, scourge of the right, and archenemy of a president. Schiff takes us inside his team of impeachment managers and their desperate defense of the Constitution amid the rise of a distinctly American brand of autocracy. Deepening our understanding of prominent public moments, Schiff reveals the private struggles, the internal conflicts, and the triumphs of courage that came with defending the republic against a lawless president—but also the slow surrender of people that he had worked with and admired to the dangerous immorality of a president engaged in an historic betrayal of his office. Schiff's fight for democracy is one of the great dramas of our time, told by the man who became the president's principal antagonist. It is a story that began with Trump but does not end with him, taking us through the disastrous culmination of the presidency and Schiff's account of January 6, 2021, and how the antidemocratic forces Trump unleashed continue to define his party, making the future of democracy in America more uncertain than ever.

Get Unstuck. Become Unstoppable. What is stopping you from fulfilling your purpose and achieving your dreams? Like millions of people you may find yourself repeatedly stuck in the same old rut—in your relationships, finances, career, health, or spiritual life. Maybe you want to start exercising, find a better job, get out of debt, launch a business, deepen your friendships, practice a new spiritual discipline—or pursue some other goal. The question is, *What's Really Holding You Back?* In this compelling book, life coach Valorie Burton explores the four forces that can free you from the fear, distractions, and obstacles that limit you. Discover how to harness your thoughts, words, actions, and energy to give you the power and strength to get unstuck and become unstoppable in every area of your life. • Learn why you do what you do. • Stop sabotaging your own success. • Overcome the fears that have held you back. • Keep your emotions from controlling your actions. • Break through internal and external obstacles. Seize the opportunity to move from where you are now to where you want to be. You were created to live fully, passionately, and freely. You can do it. Now is the time!

Instant Motivation

Live a Life You Love

My Holding You Up is Holding Me Back

What's Really Holding You Back?

A Sceptic's Guide to Growth and Fulfillment

Moving Forward When Life Doesn't Go As Planned

A Year to Clear

ARE YOU READY FOR YOUR VICTORY? "Desire needs to be fed; feed it ideas and it will grow, feed it progress and it will come to life." - Michael Annese In *The Victory Cycle: 7 Progressive Steps to Forge a Lifetime of Everlasting Personal Growth and Change*, Michael Annese has created a practical and effective method for anyone regardless of background, circumstances or education. Readers will apply the steps within *The Victory Cycle* to create the momentum required to fuel their journey, achieving their own personal Victory. *The Victory Cycle* is direct, to the point, and quickly yields results. This book provides a system for those who are ready to feed the fire within their heart and soul. "The mind that opens to a new idea never returns to its original size." - Albert Einstein www.michaelannese.com

"One of the freshest voices in mental health and wellness." —Marci Shimoff, New York Times bestselling author of *Chicken Soup for the Woman's Soul* Do you feel like you're not where you're supposed to be, off track or simply exhausted from trying so hard to make things work? Your "true self" has an easier plan—and is just aching to show you the way. The relentless pressure to succeed, measure up, and reach for ever higher goals can leave us feeling like we're just not good enough—or that something's missing. At the end of the day, after giving it our all, the last thing we want to feel is hopeless, anxious, and disconnected. International speaker and empowerment coach Shannon Kaiser understands why so many of us, despite our best intentions, cling to these

patterns. Better yet, Kaiser knows how to get us out of the vicious, draining cycle. Committed to finding meaning, connection, and joy in our day-to-day lives, she's traveled the world in search of the universal truths and spiritual wisdom we desperately need today. Joy Seeker is her transformational approach to life, drawn from her own life-changing experiences. It is a path to discovering our true self—the hero within. The Joy Seeker plan:

- **Get unstuck and discover what matters most**
- **Regain hope and faith in yourself, others, and the world**
- **Discover the “poetry within”—that special thing that makes you so unique**
- **Gain the courage to actualize yourself and your deepest desires**
- **Live with more purpose, passion, and freedom**

The path of the Joy Seeker is an intimate, active pursuit filled with opportunities for journaling as well as “Joy Jaunts”—exercises designed to help us break out of our comfort zone. It's time to become your best self. It's time to live worry-free in your wildest dreams. It's time to be your own Joy Seeker. “Who couldn't use some more joy in their life? Shannon is an expert in all things happiness, and this guidebook shows us what's possible when we remove fear and choose love.” —Emma Loewe, Editor at mindbodygreen and co-author of The Spirit Almanac: A Modern Guide to Ancient Self-Care

Ready to take the next step in your career . . . but not sure what's holding you back? Read on. Leadership expert Sally Helgesen and bestselling leadership coach Marshall Goldsmith have trained thousands of high achievers--men and women--to reach even greater heights. Again and again, they see that women face specific and different roadblocks from men as they advance in the workplace. In fact, the very habits that helped women early in their careers can hinder them as they move up. Simply put, what got you here won't get you there . . . and you might not even realize your blind spots until it's too late. Are you great with the details? To rise, you need to do less and delegate more. Are you a team player? To advance, you need to take credit as easily as you share it. Are you a star networker? Leaders know a network is no good unless you know how to use it. Sally and Marshall identify the 12 habits that hold women back as they seek to advance, showing them why what worked for them in the past might actually be sabotaging their future success. Building on Marshall's classic best seller What Got You Here Won't Get You There, their new book How Women Rise is essential reading for any woman who is ready to advance to the next level.

Your hard work is paying off. You are doing well in your field. But there is something standing between you and the next level of achievement. That something may just be one of your own annoying habits. Perhaps one small flaw - a behaviour you barely even recognise - is the only thing that's keeping you from where you want to be. It may be that the very characteristic that you believe got you where you are - like the drive to win at all costs - is what's holding you back. As this book explains, people often do well in spite of certain habits rather than because of them - and need a "to stop" list rather than one listing what "to do". Marshall Goldsmith's expertise is in helping global leaders overcome their unconscious annoying habits and become more successful. His one-on-one coaching comes with a six-figure price tag - but in this book you get his great advice for much less. Recently named as one of the world's five most-respected executive coaches by Forbes, he has worked with over 100 major CEOs and their management teams at the world's top businesses. His clients include corporations such as Goldman Sachs, Glaxo SmithKline, Johnson and Johnson and GE.

Get Out of Your Own Way

The One Thing Holding You Back

7 Steps to a Healthier, Happier, More Passionate You

How Women Rise

Five Steps to Fight Your Biggest Fears, Find Your Passion, and Unlock Your Extraordinary Life

Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job

Recovery from Over-responsibility and Shame

A complete yearlong course in clearing yourself of excess stress and stuff, this book features short contemplations, personal stories, tools, tips, one-minute practices, guided meditations, and wonderful questions to help readers create spaciousness in their lives.

Stephanie Bennett Vogt will teach you how to unplug, detach, and clear to create more space and serenity in your life, what she describes as “the sacred process of removing clutter from both your house and your mind.” Included are 365 daily lessons organized into 52 weekly segments, with each lesson building on the others to develop one’s clearing muscle and grow new habits that will last a lifetime. The week usually begins with a personal story to introduce the theme and ends on the 7th day with a “Check In” to review and integrate the experience. Sprinkled throughout are meditations, Q&As, and testimonials. At the end of each lesson the author gives the reader an opportunity to “explore” a topic with several open-ended statements designed to bypass the thinking mind and open the channels to one’s highest wisdom. Weekly themes covered include: Moving Stuck Energy Connecting with Home Being Enough Shining Light on Invisible Clutter Living Imperfectly Waiting It Out Cultivating Stillness Forgiving Flourishing

With over 11 million female-owned businesses in the US today, more women than ever are taking the reins to create their own success. Maybe you feel the pull to start a business but deep down you're afraid that you don't have what it takes. Maybe you have a great idea but wonder if you're actually qualified to make it happen. Or maybe you want to expand your business, but you're worried about how it will affect your family. If that's you, it's time to start thinking like a boss. In this practical and encouraging book, Kate Crocco exposes the 12 limiting beliefs that are holding you back from your true potential, such as - I should have it all together and I don't - I'm not ready or qualified to start - I don't have enough time - It's already been done before - and more With plenty of inspiring true stories and actionable steps you can take--starting now--Thinking Like a Boss will help you turn your limiting beliefs into limitless opportunity.

This book takes readers through a programme of honest self-evaluation practicing the coping skills used by happy, healthy, high performing individuals. Readers take the same quizzes, self assessments and exercises that the Sotiles present at their seminars. On the outside, many women are well-put-together Christians with trendy shoes, beautiful children, and wide, white smiles. On the inside, those same women are little girls cowering at the edge of the playground, hoping no one notices them, yet still wishing they could join in. They've professed faith and know the right things, but they struggle to truly take hold of the "life more abundant" that

Jesus offers. Instead they settle for a life that's less than what God has promised them. In this liberating book, Sharon Jaynes reveals the most common reasons women get stuck with a mediocre, mundane faith. Then she shows women how to break free and move forward, leaving behind the feelings of inferiority, inadequacy, and insecurity that are holding them hostage. She uncovers untapped sources of confidence and courage, equipping women to move from knowing the truth to actually believing it--and living it out boldly in a life marked by true freedom.

Let Go, Move Forward, Live Bold

Step Out in Faith and Rise Above What's Holding You Back

Ten Times Happier: How to Let Go of What's Holding You Back

Let Go of What's Holding You Back So You Can Live the Life You Were Made For

Stop Stopping

Emboldening Women to Move Past Barriers, See Their Worth, and Serve God Everywhere

How We Almost Lost Our Democracy and Still Could

We rely on willpower to create change in our lives...but what if we're thinking about it all wrong? In *Willpower Doesn't Work*, Benjamin Hardy explains that willpower is nothing more than a dangerous fad-one that is bound to lead to failure. Instead of "white-knuckling" your way to change, you need to instead alter your surroundings to support your goals. This book shows you how. The world around us is fast-paced, confusing, and full of distractions. It's easy to lose focus on what you want to achieve, and your willpower won't last long if your environment is in conflict with your goals--eventually, the environment will win out. *Willpower Doesn't Work* is the needed guided for today's over-stimulating and addicting environment. *Willpower Doesn't Work* will specifically teach you: How to make the biggest decisions of your life--and why those decisions must be made in specific settings How to create a daily "sacred" environment to live your life with intention, and not get sucked into the cultural addictions How to invest big in yourself to upgrade your environment and mindset How to put "forcing functions" in your life--so your default behaviors are precisely what you want them to be How to quickly put yourself in proximity to the most successful people in the world--and how to adapt their knowledge and skills to yourself even quicker How to create an environment where endless creativity and boundless productivity is the norm Benjamin Hardy will show you that nurture is far more powerful than your nature, and teach you how to create and control your environment so your environment will not create and control you.

"Packed with uplifting insights and powerful principles, *Where Will You Go from Here?* offers the wisdom and encouragement you need to think differently about the setbacks you face. Because bouncing back is not just about restoring what you lost. It is also about the inner resilience you gain--and the chance for a stronger, more authentic self to emerge"--Provided by publisher.

A Woman's Beginning Guide to Fitness: Consistency with this program guarantees results.

"*Slay Like a Mother* is a feisty, clever, and fun blueprint for modern motherhood that belongs on every book shelf and in every diaper bag...As a woman and mother, you'll gain a newfound power, happiness, and ability to leap tall Lego buildings in a single bound."—Erin Falconer, author of *How To Get Sh*t Done: Why Women Need to Stop Doing Everything So They Can Achieve Anything* A revelatory, inspirational guide for mothers to crush their "never enough" mentality and slay every day! Katherine Wintsch knows firsthand the self-doubt that rages inside modern moms. As founder and CEO of The Mom Complex, she has studied the passions and pain points of moms worldwide to help some of the largest brands develop innovative new products and services. As a working mom of two, she was running in an exhausting cycle of "never enough"—not strong enough, not thin enough, not patient enough, not "mom" enough. In *Slay Like a Mother*, you'll laugh, you'll cry, and you'll discover eye-opening lessons about: **THE MASK YOU'RE WEARING.** The one you hide behind when you say everything is "just fine" when it's not. **YOUR UNREALISTIC EXPECTATIONS.** The goal-setting tactics you're deploying to get ahead could be what's holding you back. **THE DIFFERENCE BETWEEN STRUGGLING AND SUFFERING.** Being a mother is a struggle — it always has been — but your suffering is optional. Brave, supportive, and insightful, the stories and advice in this book will encourage you to live more confidently, enjoy the present, and become your best self — as a woman, a mother, and beyond. Perfect for fans of *Girl Wash Your Face* and *#IMomSoHard!* ***As featured in *The Wall Street Journal* and *Parade.com**** Additional Praise for *Slay Like a Mother*: "Wintsch's style is brisk and forthright with enough humor to make readers laugh even as she illuminates dark corners. Although this is aimed at moms, any woman will find this enlightening and encouraging."—Booklist, STARRED review "Slay Like a Mother is much more than a self-help book for women; it is the end of self-doubt and the beginning of self-love... and that is nothing short of life-changing"—Rachel Macy Stafford, *New York Times* bestselling author of *Hands Free Mama*

The Surprising Science That Will Help You Find Love

Kill the Spider

Letting Go of What's Holding You Back

What's Holding You Back?.

Getting Rid of What 's Really Holding You Back

Discover the Hidden Keys to Success

How successful people become even more successful

Are you tired of trying to live for Christ—only to fail time and time again with the same old behaviors? Do you pray for guidance, ask for deliverance, and vow to do better, yet fail to progress? As an author, speaker, pastor, and blogger at Ragamuffin Soul, Carlos has lived much of his spiritual life in the spotlight. But, like any Christian, his faith story has its ups and downs. He spent decades trying to figure out how to be a "better person." Time and time again, he strived for holiness only to get caught in the web of destructive habits, behaviors, and thought patterns. But, the buck stops here. Or, rather, the spider is killed here. In *Kill the Spider*, Carlos shares personal material ranging from hilarious, self-deprecating stories to passion-filled wisdom—to show others it 's not enough to try and "stop sinning." He teaches that knocking out deep-rooted habits and issues comes by treating the issue, not just the symptoms. With transparency, humor, and vulnerable stories, Carlos offers a breath of fresh air to any believer looking to finally step into the freedom in Christ. So, sit down. Open the book. And grab a shoe. We 're going on a spider hunt.

The Five Essentials of Transformation completes the circle of motivation with the completeness of a balanced change and ongoing support to keep people moving. In the *Five Essentials* book and program, author Shari Bench uses examples from her own successful life formula to bring education, information, opportunities

and motivation to others who may be in a similar situation. Shari believes that personal growth and success are achieved through a combination of experiences and lessons. Since an individual will likely find inspiration to change by exposing themselves to many different educational vehicles, I want to deliver another level of material to provide support and alignment for their change. Fundamentally, there are only a few things that may be holding someone back from the greatest change in their life. The Five Essentials will break down these barriers while recognizing and dealing with the anxiety and emotion that is experienced when facing change. There are many reasons to read the Five Essentials; however, there are two primary reasons. First, there are many people who will be able to relate to my story. An individual may be struggling in life; health, relationships, finances. The book demonstrates how you can overcome real, common barriers and become very successful. It will bring a different level of clarity to someone wanting to improve their life. Second, people are feeling extreme levels of hope and hopelessness. In addition to the more common struggles we have had in society; health, relationships, finances, etc, there is an overwhelming percentage of the population that, for the first time, have experienced an economic impact unlike any they could have ever imagined. We have a variety of positions throughout society; some feel hopeless, yet some have hope and believe in the changes that are promised yet find their current, personal economic circumstances continue to deteriorate. In a time where there is so much loss and frustration it has become even more important to provide people with information and avenues to take control of their own lives. The security of our communities and nation has been shaken. What we focus on expands. Gloom, doom, failure, loss, frustrations, dependability.... If you evaluate the past, you can see how negativity breeds more negativity. However we need more than words to inspire positive change. Words alone can bring results, but only temporarily. This book will bring people, either back to or for the first time, to a place where they believe in and understand their responsibility in creating their own future. And it will provide them with knowledge and tools for aligning their actions with their desired results.

What ' s holding you back from living out your identity as a woman of God? Many of us as women feel conflicted about Jesus ' s calling on our lives because a woman trying to love God beyond her heart and soul, with her mind and strength, can be thought of as crossing some line or unspoken boundary. Bible teacher Kat Armstrong challenges us to ask, " Why am I allowing limitations on my pursuit of Jesus ' s calling? " In No More Holding Back, Armstrong debunks five common myths about women: Women Can ' t Be Trusted to Learn and Lead I Don ' t Have a Lot to Offer My Greatest Joy Is Marriage and Highest Calling Is Motherhood Chapter I Am Too Much to Handle Leading Ladies Don ' t Fit in Supporting Roles No More Holding Back invites us to discover the joy and freedom of being all in for Jesus.

You never again need feel powerless in the face of uncertainty, awkward with strangers, or helpless in new situations. With What's Holding You Back?, Sam Horn shows you the way to a solid sense of self-assurance that doesn't depend on where you are or who you're with. This is a practical, user-friendly program that is filled with techniques you can begin using immediately. In With What's Holding You Back? you will learn how to: -Walk into a room full of strangers and turn them into friends. - Be a self-coach rather than your own worst critic, able to turn mistakes into lessons instead of failures. - Converse with comfort and never again worry about what to say. - Go places alone and have fun instead of being intimidated. - Spring free from the comparison trap. With Sam Horn's down-to-earth advice, amusing anecdotes, and no-nonsense wisdom, this valuable guide will benefit anyone-- regardless of background or circumstance-- who wants to move through life with ever-present grace, serenity, and strength.

Midnight in Washington

Elephant on a String

No More Holding Back

Unlearning the Habits that Hold You Back

The surprising truth behind what really drives top performance

What's Holding You Back?

What Got You Here Won't Get You There

Explains how a psychological "glass ceiling" of self-limiting attitudes and beliefs, rather than overt discrimination, keeps women executives from reaching the highest levels of management

Marky McCarren was just living his boring, everyday life... that is, until he lost his job, his TV started talking directly to him, and a program he didn't order started telling him how to live his life. When he's not following directions from the ominously named, "Your Personality is What's Holding You Back" group, he's just trying to meet a nice girl, take care of his cat, and "take care" of himself. This book will make you believe you're already in the program, because honestly, we're all taking cues from one group or another.

New York Times Bestseller and Wall Street Journal Bestseller! Bar Rescue's Jon Taffer presents a new guide to getting what you want in life and business--to stop making excuses so you can get back to winning. During his many years as an entrepreneur, consultant, and star of the Paramount Network's hit show Bar Rescue, Jon Taffer has witnessed the destruction that results when people bullsh*t themselves. Excuses are the root cause of nearly every business and personal problem, but fortunately, Jon knows how to fix your excuse habit for good. This book is almost as good as having Jon in your face on Bar Rescue, telling you the hard truths you've been avoiding. Don't Bullsh*t Yourself! is Jon Taffer's brutally honest, no-nonsense guide to help you kick those excuses to the curb. If you can stop bullsh*tting yourself and address your real issues, you will gain the power to turn your life around completely. Taffer breaks excuses down into six major categories, illustrating them with real-life examples such as Marcus Luttrell, the lone survivor of a SEAL team mission in Afghanistan who barely escaped Taliban territory, and Christine King, founder and CEO of Your Best Fit, who, despite being paralyzed in a horrific boating accident, went on to build a successful fitness company. These inspiring stories, combined with Taffer's own experiences, will give you the confidence to identify and face your own excuses head-on. It's Taffer Time! Time to stop bullsh*tting yourself and start crushing it!

The promise of Live A Life You Love is simple: being true to your most authentic self and following essential principles of wellness will make you happy, healthy, and passionately in love with life. With insights drawn from her own personal transformation from a depressed medical doctor to a joyful and fulfilled flamenco dancer, writer, speaker, and life coach, Dr. Susan Biali's seven-step plan will help you discover (or re-discover) the hopes, passions, and talents that make up the real you. Even if your dreams have faded, or you worry they are unrealistic, Dr. Biali will teach you how to reach that creative, hopeful place and work towards making those dreams a reality. Along the way, you'll also learn how to maximize your physical, emotional and spiritual well-being. You will learn how to: Begin making YOU a

priority Understand your body's language. Choose foods that slow aging, boost health, and improve energy. Improve your most important relationships. Balance your life and find time for what counts. Turn this knowledge into action today.

Five Essentials of Transformation

Uncover and Overcome the Lies Holding You Back from Success

How to Finally Break Free of What's Holding You Back

Where Will You Go from Here?

The Power of Letting Go

Joy Seeker

Unleashing the Power of Emotional Connection

'This will change how you see everything' Linda Swidenbank; Publishing Director, Time Inc (UK) 'Reveals the vital difference between how we really think and how we think we think' Rory Sutherland; Vice Chairman, Ogilvy & Mather This book will change how you think about what drives you to succeed. Groundbreaking new research reveals how your state of mind holds the key to your motivation, success and happiness. Compelling evidence combined with inspiring stories and insights will unlock a powerful new mindset that will instantly boost your performance and open your eyes to what it really takes to excel.

'If you want to power-up your performance, read this book' Shaa Wasmund, author of Stop Talking, Start Doing 'Genuinely transformational' Josh Kricheski, COO MediaCom 'Compelling' David Pugh-Jones, Global Creative Director, Microsoft 'Life-changing!' Sophie Hearsey, Editor, that's life! 'Highly recommended!' Karl Marsden, Managing Director, Shortlist Media Ltd 'Deceptively powerful' Stuart Taylor, CEO Kinetic Worldwide

"By the time you finish this book, there will be nothing holding you back."—from the Introduction Most people have a vision for their lives that they're not pursuing, half-heartedly pursuing, or pursuing with all their might yet somehow falling short. This vision can be modest or grand. It may involve breaking free of a destructive habit or finding a truly healthy relationship. It might have to do with making a real difference in the world or helping to lead a company to extraordinary success. In *The One Thing Holding You Back*, Raphael Cushnir, a leading voice in the world of personal and professional development, reveals that whenever people aren't living their dreams it's because they're not yet willing and able to feel specific emotions related to those dreams. Once we access and understand these emotions, our dreams can and will come true. Cushnir asserts that mere emotional awareness, commonly referred to as emotional intelligence, is not enough. For maximum benefit we must directly and consistently connect with our emotions. In particular, we need to connect with the emotions we routinely avoid, resist, or attempt to dismiss. It's these emotions that possess the key to our greatest goals. And learning to connect with them is another rarely taught but essential skill. *The One Thing Holding You Back* provides real solutions that can be implemented immediately and without external support and includes true stories of people who have put Cushnir's process to work and transformed their lives. Delivering a step-by-step program in accessible language, this landmark book will turn the obstacles in front of us into tremendous opportunities for achieving the life we always wanted.

'Life-changing' - Sara Makin, Founder & CEO of Makin Wellness If you learn to let go, your life will take off. When you let go, you live intuitively. Everything flows, because you are no longer attached to things being a certain way, to being a certain person or always being right. What a relief. The irony is that when you feel stuck in any area of your life - career, relationships, purpose, health or money - letting go can seem very hard. You cling on for dear life just at the moment you need to take the leap. In *The Power of Letting Go*, John Purkiss explains why we should let go and how we can do it, using proven techniques to make things happen. The stages of letting go: -Be Present and Enjoy Each Moment -Let Go of the Thoughts that Keep You Stuck -Let Go of the Pain that Runs Your Life -Surrender and Tune into Something Far More Intelligent than Your Brain Offers advice for changing attitudes and behaviors to help build confidence, discussing six factors that create confidence and offering practical action plans.

Relational Reset

The Bravest You

Shut Up, Devil

Eight Critical Choices For Women's Success

The Victory Cycle

Crush the Excuses That Are Holding You Back

Silencing the 10 Lies behind Every Battle You Face

GOD, IT'S NOT WORKING! Haven't we all said that? After another futile attempt at pursuing his dreams, after rounds of affirmations and visualizations, author Vincent Genna yelled, "God, it's not working!" Is there something wrong with me? How come so many seem to be living abundant lives and yet I'm still struggling to get some positive momentum in mine? Genna, metaphysician, psychotherapist, and spiritual teacher realized he's not alone. People trying to improve the quality of their lives spend over 10 billion dollars in the self-help industry, annually. Yet, most are still in unfulfilling jobs and relationships. Some are in financial distress. They make unhealthy lifestyle choices and have yet to find their passion. Then, he discovered that people don't believe what they think they believe. *God It's Not Working!* is a spiritual self-help book that details the new discoveries about the human mind and "self." With years of experience and training, Genna has distinguished two previously unlabeled divisions of the mind: the Environmental-Made Mind and the Adult-Made Mind. He's also identified a newly evolved defense mechanism--Obstructive Deceit. These three energies or storehouses are constantly at play, informing our choices and blocking our innate abilities to manifest an abundant life. Building on this knowledge he guides readers through a surprising truth that makes all other self-help books work!

'A brilliant book of intelligent advice and detailed case studies that encourages reflection and positive change.' Fearne Cotton 'A refreshingly practical guide to finding joy every day.' Susanna Reid

Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust; all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential. Loaded with inspiring anecdotes and practical tips, Clutter Busting is based on the premise that your things are not sacred, but you are. The book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. With Brooks's upbeat and compassionate guidance, you'll find yourself clearing the way for new and exciting things to come into your life.

Joy Miller looks at the consequences of over-responsibility--poor physical and emotional health--and shows readers how to stop taking care of others and start taking care of themselves. 70,000 first printing.

Willpower Doesn't Work

God, It's Not Working!

Don't Bullsh*t Yourself!

Maximize Your Happiness in Work, Love, and Life

STICKY BOOK OF STUCKNESS

10 Bold Steps that Define Gutsy Leaders

How to Destroy What's Holding You Back So You Can Live the Life You Want

Your Mind Is the Devil's Playground Here's the truth: The devil can't beat you on even ground. So he creeps his way into your mind, weaving words and situations into lies you take as truth: I'm a failure. Something's wrong with me. God's mad at me. Nobody cares about me. These devil-crafted lies create the emotional, psychological and spiritual conflicts that rob you of your God-given purpose. Yet you can win these battles. Here are the biblical tools you need to recognize the sour, subtle voice of the Accuser. Once you do, you will see his toxic thought-patterns and destructive lies for the slander they are. And you will say with unshakable confidence and courage: "Shut up, devil!" "In this insightful message, my friend Kyle Winkler exposes the lies of the enemy and empowers us to fight back. If you've ever wrestled with the accusations of the devil, then this book will equip you to shut him up."--JOHN BEVERE, bestselling author and co-founder of Messenger International and MessengerX "I'm thrilled about Kyle's new book. Using biblical wisdom, neuroscience and his own experience in battle, Kyle will help you silence the enemy's taunts, break free from the lies that bind you and live life with bold, humble faith."--SUSIE LARSON, talk radio host, bestselling author and national speaker

A "must-read" (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, "Why has everyone found love except me?" You're not the only one. Great relationships don't just appear in our lives--they're the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn't lead to results. You have to actually change your behavior. Ury shows you how. This "simple-to-use guide" (Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You'll learn: -What's holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn't) -How to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why "the spark" is a myth (but you'll find love anyway) This "data-driven" (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. How to Not Die Alone will help you find, build, and keep the relationship of your dreams.

Are your relationships all that you want them to be? Do rough patches ever catch you by surprise, causing you to think Why is it so hard right now? Why is there tension? Was it something I did? Despite our best intentions, we all have blind spots--bad relational habits that are keeping us from enjoying our relationships fully. And since relationships stand at the center of all we do, if we can learn to do relationships even fractionally better, every aspect of our lives improves. Whether you struggle to overcome past wounds, insecurity, blame, or envy, it's time to reflect on your relational habits and reset. An experienced counselor, Dr. Laurel Shaler is passionate about helping women thrive in all of their relationships. Relational Reset will reveal unhealthy patterns that may be holding you back, give you practical steps for improving your relationships, and help you find your ultimate security and identity in Jesus Christ. When you reset your relationships, you honor God, yourself, and the ones you love. What are you waiting for? Get started today.

Clutter Busting

Thinking Like a Boss

Change Your Life One Thought at a Time
Your Personality Is What's Holding You Back
365 Lessons to Create Spaciousness In Your Home and Heart
How to drop everything that's holding you back