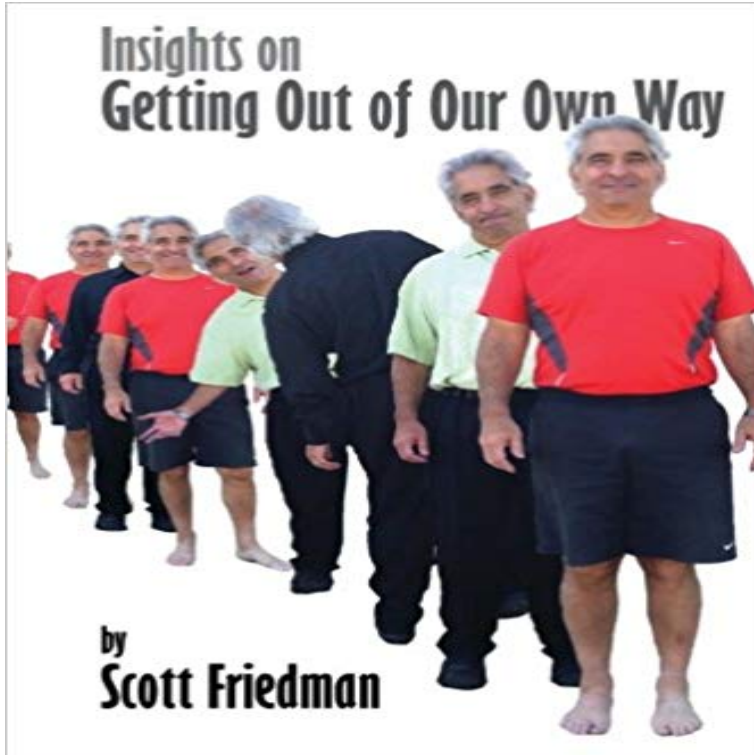


# Insights on Getting Out of Our Own Way: Stop Making Life Harder than it Has to Be



All of us could improve our life by getting out of our own way. This book provides insights into how to accomplish that. Common ways we trip our-self up are addressed along with solutions.

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have the motivation to get what we want out of life. It is about thinking positively, stopping the self-defeating, self-deprecating thoughts inside your