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You re the Problem: A 30 Real Life Solutions to Stop Destructive Actions and Get Out of Your Own Way (Paperback)

By Brad Jones

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You re The Problem - 30 Real Life Solutions to Stop Destructive Actions and Get Out of Your Own Way If the progress you ve sought to make in any one or all areas of your life has hit a plateau, you have to look within yourself to try and see if you re not perhaps your own worst enemy. It s time to take full responsibility for your own destiny and it all starts with realising that the problem is most likely you. You may be looking in the wrong direction in your attempts to try and figure out why you seem to have reached peak growth and progress and it s now time to highlight and address the most likely source of your apparent lack of direction. Are you at a point in your life where you re completely happy with your development and progress, be it in your career, your personal relationships, your business endeavours perhaps, or maybe even your health? If not, this book will take you through a journey of honest introspection, during...



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