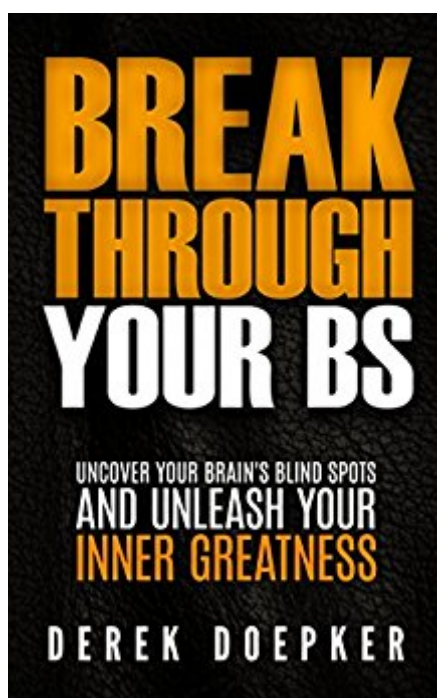


The book was found

Break Through Your BS: Uncover Your Brain's Blind Spots And Unleash Your Inner Greatness



Synopsis

Tired Of Bullsh*t Holding You Back From The Greatness You Deserve?Whether itâ™s BullSh*t excuses, limiting Belief Systems, or the hidden Blind Spots created by a biased brain keeping you stuck in mediocrity, this barrier of BS is the reason the current reality of your life pales in comparison to the potential possibility of the greatness you were made for.Something inside of you knows this... and this is why youâ™re here, reading these words, ready to say âœNow I make the choice to break through everything thatâ™s keeping me from my greatness.â•This Is A Game âœ Are You Willing To Play?"Break Through Your BS" isn't your typical self help book... Itâ™s a game. A challenge. An experience to be had. A journey through the tricks your mind plays on you so you won't continuously be deceived by them wondering, "How can I do everything right, and yet everything is wrong?"Part poetry, part smart-ass humor, and a heavy dose practical empowerment, this book will likely leave you with more questions than answers, and yet youâ™ll find this is exactly what youâ™ve been needing all along. Whatâ™s In Store For YouIf youâ™re looking for clarity and want to make sense out of what the hell is happening right now in your life, you'll get a playful poke in the side, a compassionate kick in the ass, and sometimes a sobering slap across the face to âœWake up!â• and see your own BS. Throughout all of this, you'll come away with not only more compassion and understanding for yourself, but more compassion and understanding for others. In turn, you might finally be able to help other people that frustrate the hell out of you break through *their* BS as well. #winningIf Youâ™re Brave Enough To Explore Your BSâ Then youâ™re invited to take the journey into your mind to go beyond your mind. You will discover how to turn what could be your greatest enemy, a bullsh*tting brain with its false assumptions and limiting labels, into your greatest ally. This is a book where you must choose your own journeyâ You will not always be told what to doâ You will be implored to explore your own thinking âœ and choose for yourself.You will be given many insights from psychology, philosophy, and spirituality âœ and walk away with no one size fits all answer, and yet still walk away with the only answer that matters. Youâ™ll Never Be Free From BS, Butâ You will be able to work with your BS rather than be overcome by it. Some of the insights youâ™ll find in this book includeâ

- âœ How going after what you want is the very thing that keeps you from getting it.
- âœ The most common mental traps smart people fall for âœ and why your intelligence can be your greatest enemy.
- âœ Why every excuse you have may be 100% factually true, yet still be complete and utter total freaking bullsh*t.
- âœ The tricks people use to manipulate you, and how your own brain is using these tricks to sabotage yourself without you even realizing it.
- âœ Why your attempt to love and sacrifice for others may be whatâ™s keeping you from experiencing true love.
- âœ A simple mental switch you can flip that turns fear into your friend

allowing fear to propel you towards your goals rather than push you away from them. • The "myth of independence" and how your desire for self-sufficiency is keeping you from true empowerment. • One mental distinction unlike anything youâ™ve ever heard that automatically moves you into a growth and progress mindset rather than a perfectionistic fixed mindset. • Why you will never get rid of your BS, and why you should rejoice in that fact. • And moreâ |So Now You Have A Choice...Would you rather be bound by your BS, or use this book as but one tool to help you discover how to unleash your Greatness?The choice is yoursâ |Choose wisely.

Book Information

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Customer Reviews

From start to finish this book will engage you in an inquiry into your perception of reality and challenge the limiting beliefs behind everything you do.It will bluntly point out the many misconceptions we hold on to - or worse, live by consciously and unconsciously - that lead us to living a limited, unfulfilled life.Each one of the 50+ chapters of the book encapsulates an idea, a parable, a challenge, to keep you fully engaged via a set of direct,specific questions that will have you pause and think about, agree with or not, and in the process reveal to yourself your mind's blind

spots. The revelations and new understandings you acquire, may result in letting go of what has kept you back from being, doing, and achieving much more than what you had imagined possible. Trying to summarize the book as such in a review will fall short of what's in it - one needs to read it through in order to fully absorb the lessons it delivers. Nevertheless, I am tempted to share from the book a couple of messages: "you ALWAYS have a choice, in every circumstance! - even if at times you think that you are at a dead end", and "what may fail you now could become your strength at a later time, and the other way around" - this last point may sound like a contradiction, but this book is full of surprising realities that you should know about, and there is much more. Although I found it a little winded at times, that may be because the author wanted to make sure a certain point is thoroughly covered.

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Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR INNER GREATNESS Committed to Wellness, Fitness and a Healthy Lifestyle: How to Unleash Your Inner Motivation, Change Your Mindset and Transform Your Body Fast! Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) The War of Art: Break Through the Blocks and Win Your Inner Creative Battles Blindness and Enlightenment: An Essay: With a new translation of Diderot's 'Letter on the Blind' and La Mothe Le Vayer's 'Of a Man Born Blind' Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Blind Redemption (Viking Romance) (The Blind Series Book 3) Blind Confession: A Viking Romance (The Blind Series Book 4) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Codependency Recovery: Wounded Souls Dancing in The Light: Book 1: Empowerment, Freedom, and Inner Peace through Inner Child Healing Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) The Break

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