



You're The Problem: 30 Real Life Solutions to Stop Destructive Actions and Get Out of Your Own Way (Get Out of Your Way, Self-Defeating Behavior)

Brad Jones

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14 FREE Books Inside!

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 realizing 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 endeavors perhaps, or maybe even your health? If not, this book will take you through a journey of honest introspection, during which time you'll learn to discover exactly why you can be your own worst enemy and how you can benefit from getting out of your own way.

It's all good and well to identify the inner source of your lack of progress and destructive actions, but it can prove to be very challenging to break out of your cycle of destruction and overcome the obstacles blocking you from realizing your true potential.

This book will explore 10 common life obstacles to your development and progress, how these obstacles hold you back and how you can overcome them with 30 real life solutions to stop destructive actions and effectively get out of your own way.


Here's a Preview of what's inside

- Why You Can Be Your Own Worst Enemy

- How You Can Benefit From Getting Out of Your Own Way
- 10 Common Life Obstacles
- Obstacle 1 - Trying to Please Everyone
- Obstacle 2 - Procrastinating
- Obstacle 3 - Socializing with Negative People
- Obstacle 4 - Being a Perfectionist
- Obstacle 5 - Playing it Too Safe (Avoiding Fear)
- Obstacle 6 - Taking Responsibility for Others
- Obstacle 7 - Not Being Accountable to Yourself
- Obstacle 8 - You're Never Wrong
- Obstacle 9 - Taking Things Personally
- Obstacle 10 - Being Too Serious
- and much more!

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