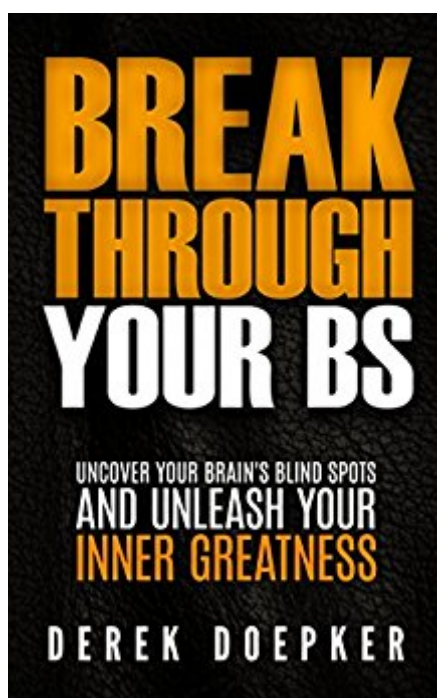


The book was found

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 it'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 you're here, reading these words, ready to say "Now I make the choice to break through everything that's keeping me from my greatness." This Is A Game Are You Willing To Play? "Break Through Your BS" isn't your typical self help book... It'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 you'll find this is exactly what you've been needing all along. What's In Store For You? If you'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 "Wake up!" 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. #winning If You're Brave Enough To Explore Your BS Then you'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 journey. You will not always be told what to do. You will be implored to explore your own thinking and choose for yourself. You will be given many insights from psychology, philosophy, and spirituality and walk away with no one size fits all answer, and yet still walk away with the only answer that matters. You'll Never Be Free From BS, But You will be able to work with your BS rather than be overcome by it. Some of the insights you'll find in this book include: How going after what you want is the very thing that keeps you from getting it. The most common mental traps smart people fall for and why your intelligence can be your greatest enemy. Why every excuse you have may be 100% factually true, yet still be complete and utter total freaking bullsh*t. The tricks people use to manipulate you, and how your own brain is using these tricks to

sabotage yourself without you even realizing it. Why your attempt to love and sacrifice for others may be what's keeping you from experiencing true love. 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 you'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 more|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 yours|Choose wisely.

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Customer Reviews

Once you begin reading this book, DO NOT STOP. This book will rip your insides into tiny shreds

and put them back together as you continue reading. (I had real-life tummy-flutters as I read this, and a couple of weepy moments.) If you stop reading before the surgeon has stitched you back together, you're going to be uncomfortable. Your very foundations will be rocked. But then you can rebuild with something even more solid; something that will serve you under ALL circumstances BECAUSE there are no hard and fast rules. I know... crazy. At last, here's someone who's asking you to figure out your own life FOR YOURSELF. You're your own expert. He's not here to give you answers, but to ask the right questions... and of course, to call you on your BS. You'll be squirming in your pants. The book's ideas are brutally revealing. Once these ideas are pointed out to you, you cannot un-see them; luckily, they will haunt you so that you can self-correct and move forward with your life. Oh, and every question is a trick-question. You'll love it!

Look, if you want the same results you've always gotten, then by all means, keep doing what you've always done. If you want an actual change in your life, and to peer through if not BREAK THROUGH your own BS... this is a book that you need to embrace, ingest, and live. It all boils down to this - how bad do you want it? Are you willing to invest your time and energy into improving your life? If so, this is the book for you. If not, I've got some tough news for you about how the world works. This book addresses all of your objections to your status quo. That's uncomfortable for some, but it's a necessary step.

I have read several books by Derek Doepker and this one does not disappoint! It is not a one size fits all instruction on personal development. Every chapter highlights a different belief to challenge. He gives you a guide to develop your own choices. This is a book to definitely read more than once.

This is not your usual "Do X and you'll get Y"-type of book. Derek challenges you to think. Really think. Because in life there's more than two choices. What might have served you in the past may not work for you now. Be open to all the possibilities, and choose what works. This book will open up your thinking so that you can see all the possibilities.

I loved reading Derek's latest book. It is raw, uncompromising, and the truth. If you are comfortable in who you are and want to make positive changes then this book is for you. Over 300 pages of

truth and this book will make you take a honest look at your greatest opponent in the mirror. I highly recommend adding this book to your collection.

Excellent product + delivery!

Derek has a wonderful and unique way of invoking thought processes. He gets his readers thinking and reconsidering perspectives about all aspects of life using different examples. Very interesting read. Somewhat long winded, but well worth it.

If you'd like a book to prompt you to think about and question the things that you never think about or question, this is your book. It's what Ken Wilbur would write if he ever developed a sense of humor.

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