

This is an extract from How To get Out Of Your Own Way

When my clients ask me, “Is it really possible to change?” I always tell them the same thing: “If I can, you can; there is nothing extraordinary about me.” And still, to this very day, I am continuously amazed and deeply touched by the ways in which people make profound transformational changes that impact their lives and the lives of others. They often thank me, and I remind them that it is they who shaped this change, not me. I am only here to ask questions and to enable them to become the leaders of their own lives. Indeed, the world out there is our projection, and we perceive the world how we would like to see it. It is only when I started asking myself questions that my own transformation started to happen, because if we want to really find our truth, we have to examine ourselves first before we can expect anyone else to do so. And what I know for certain is once you become the master of your own self, no one and no circumstance can reduce you. It is our responsibility to assume accountability.

In today’s world, both on a personal and professional level, we are certainly facing intense pressure like never before. There are so many challenges and constant changes in life that require us to be equipped to adjust and adapt, both incessantly and instantaneously. And this book is not meant to provide quick fix; I don’t believe in them, and they rarely work in the long term. Rather, I would like you to use it as a guide, a manual for you to dip in and out of when and if you should need to. You will choose when you need it, and you will determine your progress. You will decide how much effort you will invest and how serious you are about your purpose. We are all unique, so you will need to shape my recommendations to work for you.

This book offers an opportunity for you to dig deeper, to be curious about yourself and others. It is simply a road map to help you along your way in your life and all that it brings, including the anxiety that surrounds personal change and growth. What I can tell you is that you cannot be there for other people unless you are there for yourself, and the paradox of knowing yourself is that you understand others better. Consequently, the biggest success for me will be if this book provides you with a space to self-reflect and explore and, as a consequence, this deeper appreciation of yourself has a ripple effect on those around you and beyond.

My wish is that this book will help you to have an enriched, deepened, and expanded vision for the most important subject in your life: you. Through the use of challenging inquiries and personal stories, this book will provide support and help you to get out of your own way for good! If you are looking to become more resilient, build your self-confidence, and release the upsets and anxieties that are holding you back, this is book for you. Whoever you are and wherever you are from, this book is for everyone.