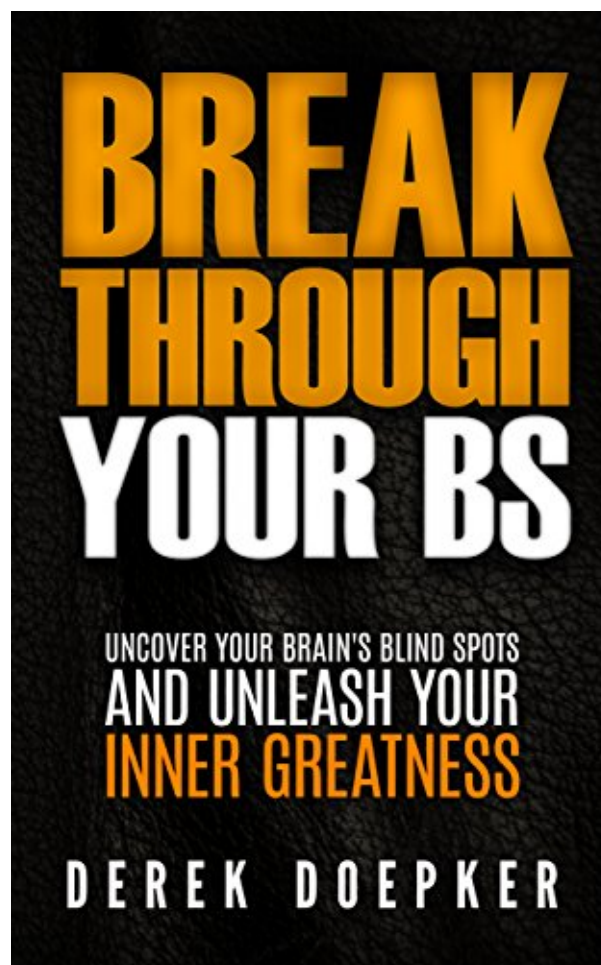


**BREAK THROUGH YOUR BS: UNCOVER
YOUR BRAIN'S BLIND SPOTS AND
UNLEASH YOUR INNER GREATNESS BY
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Review

One short, punchy chapter after another brims with rapid-fire advice about how to stop falling prey to internal fears and psychological hurdles. It also points to the inadequacies, failings, and lack of confidence that may impede people from reaching their highest potential. A lively and engaging, if occasionally bombastic, read; shows solid insight into human nature..." - Kirkus Review

"I can barely put this book down. Every other page I'm marking things I want to remember and use in my daily life. I've read a lot of personal development books, and I'm sure I'll read many more, but it's rare that I find one that feels like it was written directly to me." - James Ranson, Wall Street Journal bestselling editor and founder/director of The Master Wordsmith publishing services group

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BREAK THROUGH YOUR BS: UNCOVER YOUR BRAIN'S BLIND SPOTS AND UNLEASH YOUR INNER GREATNESS BY DEREK DOEPKER PDF

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.

- Sales Rank: #17513 in eBooks
- Published on: 2015-12-18
- Released on: 2015-12-18
- Format: Kindle eBook

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Most helpful customer reviews

30 of 30 people found the following review helpful.

We're All Full of It, But It's Not Fatal

By Kat

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!

15 of 15 people found the following review helpful.

HOLY HECK! This book BLEW ME AWAY!

By Mark Messick

Derek is a friggin' genius.

This book will change the way you look at yourself, others, and basically the entire world.

I feel like most self-help books are fairly repetitive, and don't bring very many new ideas to the table.

Not so with this book. I can honestly say that I GASPED (out loud) on multiple occasions, simply because Derek's ideas make SO MUCH SENSE. Seriously, this dude is operating on a whole new plane of thinking.

Every human being who gives a crap about their life should buy this book. Right now. I don't care how broke you are. Fork over the few dollars it costs. You will NOT regret it. This book will change your life, no doubt about it.

I've read A LOT of self-help books (and I'm actually a self-help author myself) but I can honestly say that this is the BEST, most GROUNDBREAKING, absolutely AWE-INSPIRING book I've ever read.

E-V-E-R!

Don't hesitate. Do yourself a favor and pick up a copy of this book. I can't recommend it highly enough.

19 of 20 people found the following review helpful.

How to Think for Yourself

By Liz Chen

Most self-help books are content to give you encouraging platitudes while attempting to teach you WHAT to think. And what they teach may not actually be applicable to every given situation. Sometimes they explain why they're teaching you this, but most often they just ask you to "believe" in what they have to say.

This book is different.

"Break Through Your BS" actually teaches you HOW to think for yourself, and how to see if you're really making the best possible decisions for yourself in that given moment, taking context into account. It's revolutionary in that regard. I'm a pretty prolific reader, but I often found myself pausing as I read this to give his points more thought and consideration.

The points are also easy to remember since they're often presented in surprising and funny ways, so you can remember to apply it in the real world to actually change your life instead of just reading something and feeling like you're learning, only to never actually do anything with it. And smart and consistent application is what matters most, as that's where the magic lies. This book has that magic in spades, provided you add the secret ingredient...your willingness to read and apply the concepts for yourself. =)

See all 63 customer reviews...

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