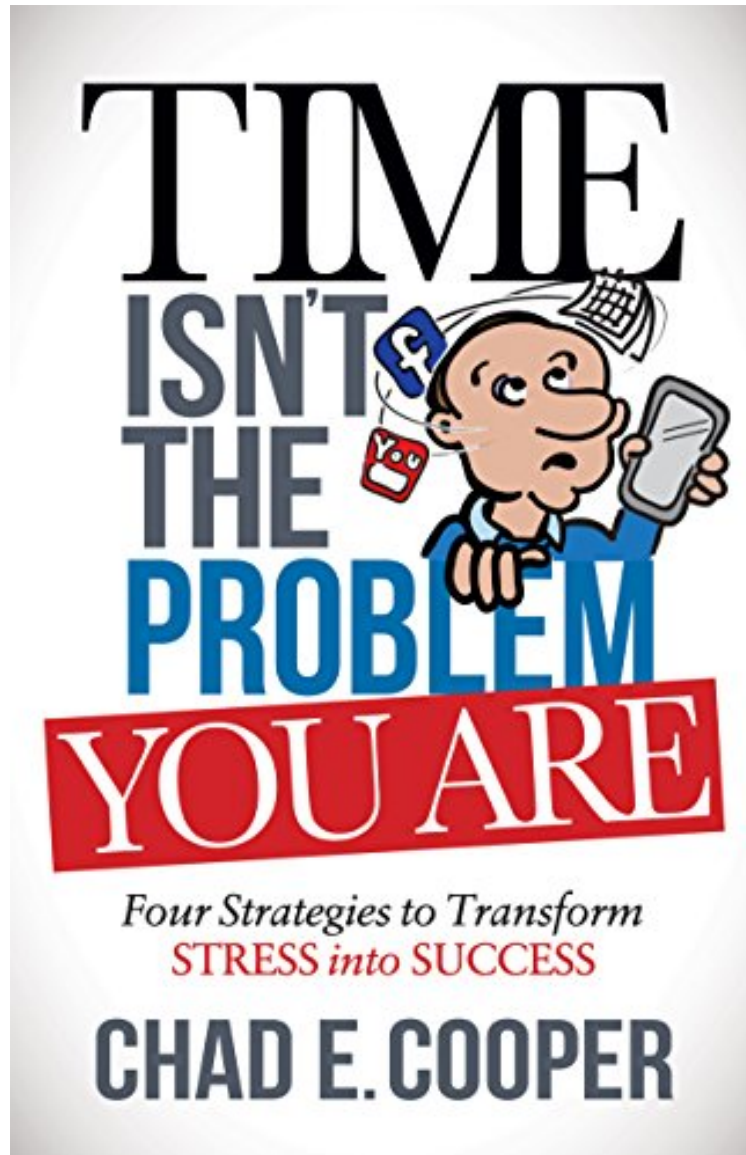


Time Isn't the Problem, You Are: Four Strategies to Transform Stress Into Success

Chad E. Cooper

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If you're not enjoying success, then it's time to look in the mirror and ask "Why?" The answer is probably staring right back at you. You're probably the reason you haven't achieved your dreams. We all start out in life expecting to live the life we want. For many, if not most, those early hopes get dashed when the realities of rent payments, nasty bosses, indifferent spouses, unexpected illness, or uncontrollable events turn our dreams into disillusionment. Instead of thriving, life just becomes a march of survival and people grow older and bitter as they remember their early hopes as wistful memories. The more cynical will even mock their younger selves for believing they could ever have had what they see others achieving. Yet there are countless examples of people who are living the life of their dreams. We see them on TV all the time; people like Bill Gates, Oprah Winfrey, Richard Branson, and George Clooney, to name a few. They manage to juggle work, family life, community life, and personal pursuits in seemingly effortless fashion, with a smile on their face, purpose in their walk, and passion in their attitude. Anyone can achieve what they want, just like these people do. There's nothing extraordinary about them. They have no elixirs. What they do have, however, are qualities that keep them performing at their highest level, qualities that anyone, including you, can have; if you know how to develop them. Time Is the Problem, You Aren't is the twenty-first century guidebook for everyone who feels stuck in their life and wants to change but doesn't know where to begin. It's a thorough, entertaining, informative, easy to understand yet challenging and action-inducing program that's designed to get you to start living the life of your dreams right now.

About the AuthorSuccessful businessman, motivational coach, community leader, loving family man, elite athlete, philanthropist, mayor pro tem, and award-winning United States Marine and information technology advisor for Microsoft?these are just some of the roles Chad Cooper has played. After retiring from Microsoft at age thirty-five, Cooper became a Platinum Master Coach for Tony Robbins's Robbins Research International and opened his own Factive Nautics coaching organization, whose clients include corporate CEOs, elite entrepreneurs, Olympic medalist, and professional athletes. All of Cooper's accomplishments and accolades are the direct result of the philosophy for success he created over two decades of learning from the masters in the fields of time management, psychology, education, and faith. He believes these are skills that anyone can learn by following the advice in his new book Time Is the Problem, You Are.