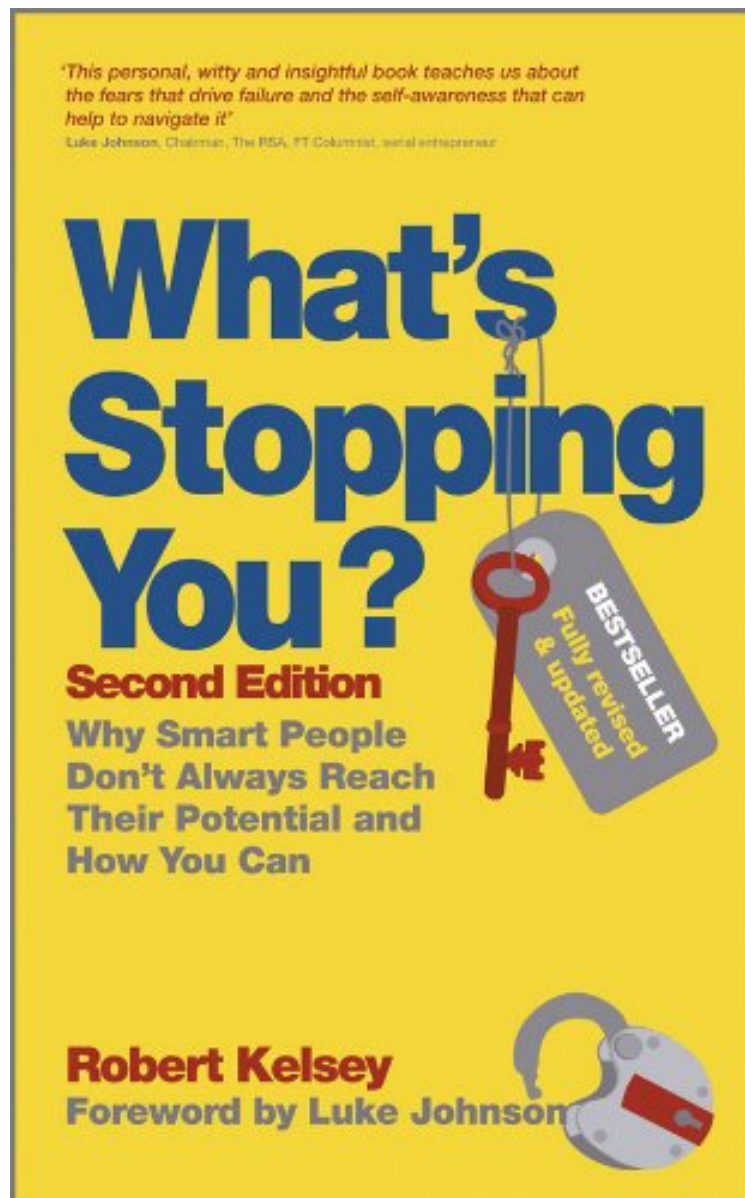


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What's Stopping You?: Why Smart People Don't Always Reach Their Potential and How You Can

Robert Kelsey

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Robert Kelsey : What's Stopping You?: Why Smart People Don't Always Reach Their Potential and How You Can before purchasing it in order to gauge whether or not it would be worth my time, and all praised What's Stopping You?: Why Smart People Don't Always Reach Their Potential and How You Can:

3 of 3 people found the following review helpful. A good introduction
By Junkie
A good source of finding out more about fear of failure. I was left wanting more. I would have liked to have read more reasons for this problem, as mine don't fit many of these. There is a plethora of reasons! Perhaps that's why this book is written so generically. I didn't see myself much in this book, unlike most self-help books I read. In fact, a lot of "symptoms" are for people who have Narcissistic Personality Disorder. It barely touched on self-esteem and self-confidence, which in my opinion are the two most important driving factors that cause this intense fear. It would have been helpful to have been given detailed ways to approach and deal with the problem.
7 of 7 people found the following review helpful. Excellent
By Richard S
I've read a few self-help books and this is certainly one of the better ones, provided you fall into the target demographic (those who have a fear of failure). It is in-depth and draws a great deal of knowledge from the existing literature, at the same time providing helpful suggestions of other good sources. It deals with the intellectual and emotional side of the issue while also providing a lot of practical solutions. Well worth the time and money!
1 of 1 people found the following review helpful. This book was amazing
By Eric L.Thomas Sr.
I can count on my hand the books that I've read from cover to cover. This book happens to be one that enjoys that statistic. It helped me so much to understand more about myself and the things that work against me. More importantly, this book taught me how to manage my fears my insecurities and my shortcomings to my advantage. In conclusion, I will never be the same.

A practical guide to attacking the most common of phobias: fear of failure
A practical guide to attacking the most common of phobias: fear of failure
Since its publication in 2011, *What's Stopping You?* has offered readers a hard look at the quality of their careers and personal lives. For those who'd give themselves a solid "C+", this brutally honest guide to taking stock also offers the keys to self-improvement. By dismantling the fear inhibiting all achievement—fear of failure—author Robert Kelsey offers a set of seven steps designed to help readers map out their actions, and attain what once seemed elusive milestones. Written for the frustrated underachiever or anyone who feels like one, this unique book addresses can the real obstacles hindering both professional and personal growth. Includes a new chapter with tactics for overcoming a fear of failure
Explores methods for dealing with different types of people in a host of situations, such as getting a new job, pitching for new work, making presentations, or communicating clearly in an argument
With a Foreword by one of Britain's most successful businessman, Luke Johnson, this unique handbook to overcoming the most basic of fears is a must for anyone who would like to upgrade the quality of their life.

'Commonsensual advice for the intelligent reader (Management Today, June 2012) 'A good book to dip in and out of if you have a fear of failure or have confidence issues .a fluent, readable style . (Talk Business, August 2012) This book will resonate with anyone, from student to senior manager, who doubts their ability or worries that they are not capable or could achieve more with the opportunities that have been presented to them. (Nursing Times, February 2016)