



# Let Go of the Rock!: A New Look at the Dynamics of Self-Management

*Beth Wonson*

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## **Let Go of the Rock!: A New Look at the Dynamics of Self-Management** Beth Wonson

A 21st Century Look at Self-Management from an Expert Life Coach & Business Consultant... Using her own life lessons and those of her clients as examples, Executive Coach, Certified Equus Coach and Businesss Consultant Beth Wonson identifies 9 everyday ROCKS that hold people back from experiencing peak performance and ultimate joy in all areas of their life. Those ROCKS are:

- Living in the past or future instead of the present
- Allowing other individuals or preoccupations to steal our life force
- Weak or confused communicationon
- Inflexibility and complacency (that comfortable rut)
- Fear of risk, success, failure, change, etc.
- Unwillingness to take responsibility for our actions
- Codependencies/addictions to people, substances, habits, etc.
- Untrue stories we tell ourselves to justify our actions
- Lack of clarity about who we are and why we are here

Beth carefully examines each of these ROCKS and shows you how to dig them up and heave them out of your life—or simply make them dissolve, using the alchemy of your own powerful inner guidance. This is an excellent guidebook for managing your personal and family life or leading any size team in business, academia and other professional arenas.



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#### **Heidi Fritz:**

This Let Go of the Rock!: A New Look at the Dynamics of Self-Management are reliable for you who want to become a successful person, why. The reason why of this Let Go of the Rock!: A New Look at the Dynamics of Self-Management can be one of the great books you must have is usually giving you more than just simple examining food but feed an individual with information that might be will shock your previous knowledge. This book will be handy, you can bring it all over the place and whenever your conditions in the e-book and printed people. Beside that this Let Go of the Rock!: A New Look at the Dynamics of Self-Management forcing you to have an enormous of experience such as rich vocabulary, giving you tryout of critical thinking that could it useful in your day pastime. So , let's have it and enjoy reading.

#### **Marian Sheffield:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled Let Go of the Rock!: A New Look at the Dynamics of Self-Management can be fine book to read. May be it may be best activity to you.

#### **Ed Abraham:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book Let Go of the Rock!: A New Look at the Dynamics of Self-Management it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not too costly but this book provides high quality.

#### **Rhonda Lanham:**

As a student exactly feel bored to be able to reading. If their teacher questioned them to go to the library as well as to make summary for some publication, they are complained. Just very little students that has reading's spirit or real their leisure activity. They just do what the professor want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that reading is not important, boring and can't see colorful photographs on there. Yeah, it is being complicated. Book is very important in

your case. As we know that on this period of time, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this Let Go of the Rock!: A New Look at the Dynamics of Self-Management can make you truly feel more interested to read.

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