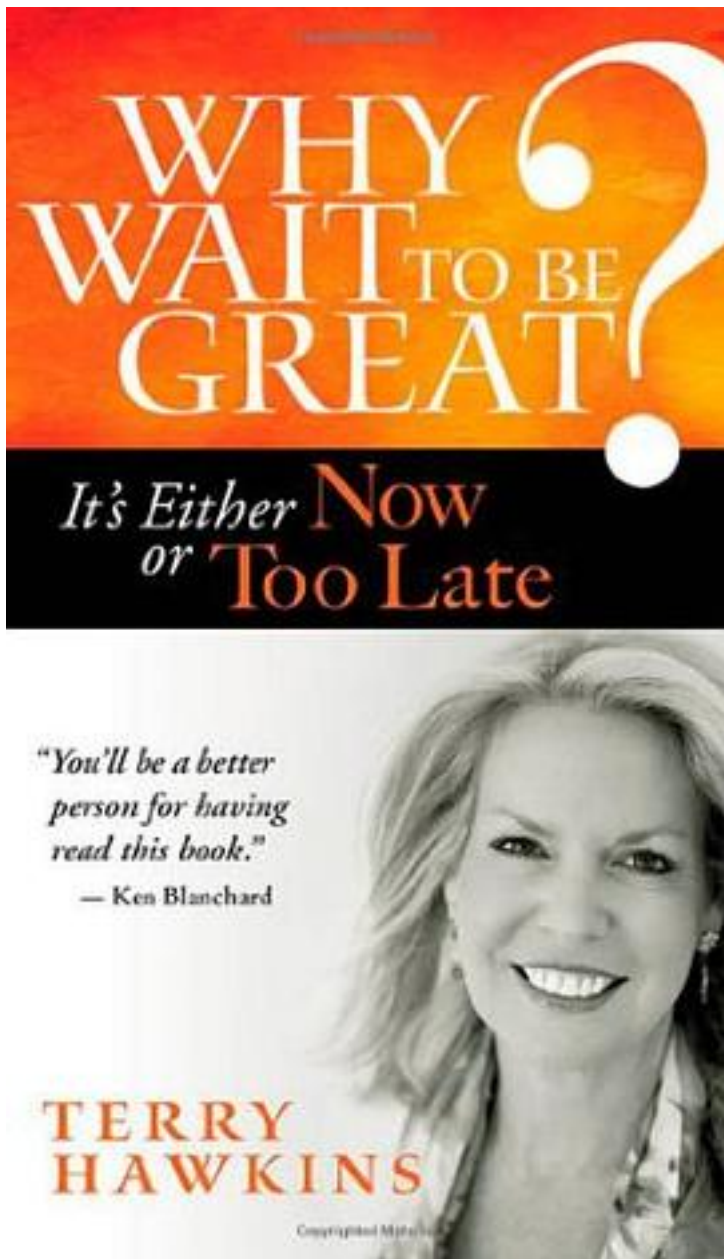


# Why Wait to Be Great?



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Most of us know that we need to lose those extra pounds, repair our relationships, start exercising, build our business, etc. but most of us don't know how. This work aims to provide the how, as in how the reader can reach these personal and professional goals. To make this book accessible to as wide an audience as possible, Terry created two fun, universally-appealing characters: the superhero Stick-man, who creates and enhances our being; and the villain Pit-man, who comes from the Pit of Misery and represents the destructive, negative state we can exist in. Terry's approach focuses on eliminating certain traditional barriers while focusing on other gains: getting beyond the idea that we are products of our past. The past can't hurt us in the present unless we allow it to; recognizing that perception is projection. Things are not always as they are, but what we perceive them to be, which can be very different in interpretation; and, eliminating the problems that generate stumbling blocks and obstacles for us, so we don't get stuck in the pit of misery.

作者介绍:

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## 标签

个人成长

自我管理

思维与方法

人生

## 评论

很不错的书，写得挺触动人心的。不过说到底依然是，道理我都懂…

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书评

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