



How to Reach Your Full Potential: Twelve Surprising Ideas to Set You Free

Will Ross

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Upgrade your life

If you want to be successful – at work, at play, or in love, then *How to Reach Your Full Potential* is for you. It shows you how to get more of what you want out of life and less of what you don't want. If you follow the ideas outlined in this book - ideas that were first described by Dr Albert Ellis, creator of Rational Emotive Behavior Therapy (REBT) - you'll be well on your way to living an ethical, rewarding, and joyful life, based on compassion and reason.

- You'll start doing more for yourself.
- You'll choose the direction of your own life and do the things you want to do rather than going along with the herd and doing things just to please others.
- You'll develop a greater tolerance for your natural human fallibility as well as the fallibility of others.
- You'll become more flexible and less demanding.
- You'll be more accepting of uncertainty and be willing to take a gamble and try out new adventures.
- You'll look beyond yourself and get more involved in life, committing yourself to creative pursuits that will benefit others as well as yourself.
- You'll be able to assess opportunities realistically and objectively, and won't be deterred by repressive beliefs that have held you back in the past.
- You'll begin to see life as an adventure and put yourself in a position to reach your goals.
- You'll focus on your long-term happiness.
- You'll push yourself to pursue what's possible - a joyful, meaningful existence - without chasing after a non-existent utopia.
- You'll think for yourself while proactively and decisively choosing how to feel and what to do.
- You'll accept yourself warts and all.
- You'll join with others to make your community a better place in which to live, creating the kind of world in which you can thrive.



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