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Why You're Stuck: Your Guide To Finding Freedom From Any Of Life's Challenges

Derek Doepker

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Are You Pissed Off Life Doesn't Come With An Instruction Manual?

Do you find yourself struggling to figure out what you really want in life? Or do you know exactly what you want, but can't ever get it because you're trapped by fears, unwanted thoughts, and unshakeable habits?

Are you successful in certain areas, but still feel like something is missing in your relationships, finances, physical health, or overall happiness?

No matter what your challenge is, the root cause of why we get stuck in any area of life is fundamentally the same. The good news is that when you understand what's really been secretly holding you back, you'll finally have the map for how to escape.

You're about to discover:

• The secret to getting answers when you're feeling lost, confused, and have no idea what to do or where to even begin.

• How to tap into your inner strength to experience more motivation, happiness, and fulfillment *on demand* – regardless of what's happening in your life.

• How to get whatever you want even if you're stressed out, busy, or have a million excuses.

• What the 6 things are that drive all of your behavior and how to tap into them to reprogram any thought or habit on a neurological level.

• What the most common fear is that holds people back, and why you'll never overcome it until you understand this *one simple thing*.

• Why it's impossible to remove a bad habit, and what you must do instead.

• Why a force stronger than willpower may be your missing link to getting yourself out of any rut.

• Why much of the great advice you've heard, especially from self-help and personal development gurus, may be the very thing that's keeping you stuck.

• Why looking to find your life's purpose is almost always going to backfire on you.

• Why the truth gets you stuck more often than lies, and what the “real” truth is when it comes to you becoming a master of your life.

• How being selfish can be the best thing for you and for the rest of the world.

• Why being stuck may be exactly what you need to make your next breakthrough.

If you've ever asked yourself...

• What's my purpose and how do I find it?

• Why do I know I *should* feel grateful, happy, or fulfilled but still I feel absolutely miserable?

• Why can't I get myself to do the things I say I'm going to do?

• Why are people crazy and how do I learn to live with them?

• How can I stop obsessive thoughts and get rid of unwanted emotions?

• What can I possibly do to change things when everything seems so hopeless and beyond my control?

If so, then this will be one of the most eye-opening books you'll ever read.

How can I make such a bold claim?

I am regular guy who used to be out of shape, broke, and struggling to find answers to life's big questions. After years of study and thousands of dollars spent on education from the world's leading experts in psychology, neuroscience, spirituality, self help and personal development, I applied many great concepts to my own life. And... nothing much happened.

At least not until I discovered a few more key insights that tied everything together into a concise system. Since then, I've become a bestselling author, achieved financial freedom, maintain a fit body year round, and am living a life of freedom and fulfillment.

So I decided to write the personal development book I wish I had handed to me from the very start of things, the instruction manual for life if you will, to help you achieve whatever breakthroughs you desire in your life.

This book is my gift to you, and I hope you enjoy reading it as much as I enjoyed writing it.

To your happiness and success,
Derek Doepker

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Grace Moreno:

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Brent Thompson:

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Robert Auclair:

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