



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

Beth Wonson

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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 Business 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 communication
- 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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