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Contents

Please Read This First.....	2
<i>Terms of Use</i>	<i>2</i>
<i>Disclaimer.....</i>	<i>2</i>
Contents	3
About the Author	5
Introduction	6
Success, Failure and Just Getting by	7
It Is So Easy For Them!	8
Paying the Price of Success	10
Keep Your Communications Working.....	12
Other People’s Influences	14
How to Really Help Children	16
Dealing with Doubt	18
Must-Have Technology or Bright Shiny Object?.....	20
Plan - Act - Win!	21
Never Fear Failure!	22
<i>What Doesn’t Break You, Makes You Stronger.....</i>	<i>23</i>
Beating Writer’s Block and other Barriers.....	24
Connecting with People	26
Step-by-Step to Success	28
Professional Help to Clear Your Barriers	31
Life Coaching	33
Cognitive Behavioral Therapy	35
Hypnotherapy.....	37

Neuro-Linguistic Programming 39
Wesley’s Words 41

About the Author

Wesley Morton has had a varied career as an employee and also ran his own business. He had a share of successes and some failures, but Wesley said that the successes made up for the failures many times over.

“I was lucky because my parents helped me with good advice and by being great examples in the way they handled ups and downs in our lives.”

Following their advice, he kept learning as much as he could from all kinds of people. Then, he tried to apply their strategies and ideas to improving his own life.

Wesley says that, “Experience is a great teacher but the cost can be high and no-one has enough time to learn all we may need to know – life moves too fast!”

“I’ve put the best ideas and tips for getting ahead, deciding what is important to each of us and making the best of opportunities in my ebook.”

“But, the main focus is about how to recognize and deal with barriers of all kinds which stop many people from achieving much of the success and happiness which they deserve.”

“These barriers range from big to very small things but any of them can have a crushing effect on a person’s self-confidence, their work and relationships.”

“I learned some of these things from others, and more than a few from experience. I hope this book will help my readers to avoid the mistakes, overcome barriers and get a lot more enjoyment and success much sooner.”

“No-one can avoid all problems but these strategies and suggestions, all based on the experiences of my own and other people, can help reduce the problems and the pain.”

Introduction

This book can help you overcome the barriers which are keeping you from getting all the success you desire.

I wrote “Nothing Can Stop You Succeeding” to give my readers some help to overcome barriers of various kinds which are stopping them from achieving the level of success they desire in their work and personal lives.



I suggest that you read the whole book first, then, I want you to pick just one thing to start making improvements with. Making changes in the way you have done things or when you start something new takes time and concentration. Trying to do too many new things at a time can cause you to get confused and discouraged. I always get the best results by taking simple, small steps and only increasing my speed when I feel confident that I am doing everything right.

I’ve tried to make the book interesting and easy to follow by only including the best ideas I could, and writing like I talk. I haven’t used any special terms because the ideas and tactics are all very straightforward. If they weren’t, I would not have been able to use them or write them up.

I hope that your first reading of the book will give some confidence that you can change things for the better when you start to use these easy to follow tactics.

Of course, you will have to decide what suggestions apply best to your situation and then act to get the changes which you want.

Not everything will be equally useful for all readers.

There are no “magic spells” here. But, a little time and effort should get you on your way fairly quickly.

I wish you great success.

Wesley Morton

Success, Failure and Just Getting by

There are several groups of people in the world.

Those in one group are the successful ones. They are living the sort of lives which many of the rest of us dream about, or they are confidently striding towards that point.

Then, there are the vast majority who are getting by with a mix of good and not-so-good events. They keep trying to improve their situation but, because of factors which they don't know or cannot understand, are usually only able to maintain their current situation or, at best, make small improvements at high cost to themselves.

A third group are those who are struggling every day just to survive. The people in this group are not failing.

That only starts to happen when they stop trying to improve their situation.



But, many people get used to the daily struggle and accept it as their lot.

They continue to try, but their lack of good results grinds away their confidence.

They find reasons that they cannot expect or achieve the success which they dream of.

They put their efforts into making their current situation as comfortable as possible and focus on providing the best they can for their families.

They see other people achieving their goals but feel that their own situation is different.

It is, but the barriers which restrict us from greater success are often more in our minds than real.

Understanding this can be your key to overcoming
the barriers between you and your dreams.

It Is So Easy For Them!

When people are reported to have achieved some success in their careers, it's likely that there will be some who feel the success was not earned but gained through some connection or even a lucky break.

“It's easy when you know the right people!” and similar comments seek to excuse the speaker's lack of personal success by devaluing the achievements of others.

But, that does them no good, because it makes them feel that they could never achieve anything comparable because of factors or circumstances beyond their control.



These nay-sayers are sometimes speaking the truth. But, the great majority of successful people make their way to the top of their Mt. Everest through qualities which they have in them and their own efforts.

And that means we can use their stories of success as inspiration for our own journey.

When we look closely at the backgrounds of many high achievers, we are likely to find at least a few that had similar backgrounds to ourselves.

Quite a few may even have had greater challenges than anyone we know.

That can help us to realize our own goals are within our reach with sufficient preparation and effort.

Many of us don't realize that the strongest limits on us actually achieving greater success and happiness are often those which have built up within us.

And, the key to unlocking many perceived barriers is within our reach.

We just have to abandon some of our preconceptions and maybe change our focus so that we are ready to push forward.

One of the first lessons I had to learn was that the people who are more successful than us are often more like us than we may realize.

Most of them are not only great examples for us to learn from and emulate, they are often quite prepared to help anyone that is genuinely making an effort to succeed.

That’s because one quality which I’ve seen in most successful people is gratitude to those who helped them, which they express by helping others.

Paying the Price of Success

Anyone that desires more value in their life, whatever form that might take, will have to pay a price for it.

That price could be physical, financial, emotional or any combination of those.

Many people say that they are willing to do anything to get to the top of their profession, but the truth is quite different.



One common trait in many people is that they want greater success and to be able to pay for it from the riches they receive instead of putting in the extra physical and mental effort to prepare themselves and the time

to achieve their goals.

If there was an easy way to gain riches and then pay the price, everybody would be rich! That sounds wonderful, but I think that there would still be many who would be unhappy. They might not have a reason but they'd use their spare time to make some up!

Many people have all the knowledge and skills they need to achieve their dreams. But, they are so attached to their comfort zone that they settle for what they have and watch others live their dreams on television.

Before you can break through the traps which hold you back, you need to decide what you are prepared to pay for your improved lifestyle and what you are willing to risk losing in that journey.

Can you give up some of your leisure time in front of the TV or enjoying your favorite hobby for a year?

Can you do a realistic evaluation of your abilities and talents (we ALL have them!), accept that you may need to improve some of them and put in the needed effort with no guarantee of success.

Can you ruthlessly cut your personal expenses so that you build a reserve to cushion the blow if you don't succeed with your first project? Just remember the often quoted example of Thomas Edison who spent his money as well as a lot of effort and time making hundreds of light bulbs that didn't reach the desired standard before eventual success. I know there was a lot more to the story but it does not matter. Many of us would have gone on to some other project after failure #25, rather than continue to invest our resources in what must have seemed a high risk venture.

You will probably need to put more concentrated effort into improving your present knowledge and your skills, and using them enough that you become the best that you can be.

You will probably need to invest your energy and money with some potential for loss. Be as prepared as you can.

Don't become so enthusiastic and single-minded that you ignore the need to work out a plan for a fall-back position you will have if things go wrong. That's especially important if you have a family or people that are dependent to some extent on you.

Decide what level of discomfort or even pain you will accept in your quest?

You cannot expect that you will get through unscathed even if you finally succeed.

You must be ready to take some knocks, even suffer some to protect those you love.

Keep Your Communications Working

One of the biggest mistakes which people make when they are under pressure in their work is to try to shield their partner from the worry and stress which they are suffering.

They probably are so focused on the problems and possible negative outcomes, that they don't realize their silence or evasions when asked about their work is probably making things worse between them. The partner knows them better than anyone else, so they will know something is not right.



In the absence of real information, they could imagine things which are far worse than the reality. They may even start to doubt the strength of the relationship itself.

It is most important to discuss your intentions fully with your partner so that you will be aware of any potential points of friction. Some couples find the experience helps their relationship when they discuss any concerns they have and actively support each other going forward.

But, that does not always happen. Some partners have great concerns about the risk to the family if the planned changes don't work out.

Sometimes, they may have doubts about their partner's ability to achieve the results they are after.

This is something which happens more when the partner does not understand the methods which their spouse is using. Many people who set up businesses on the Internet or become involved in home-based businesses of any kind can find they have more friction, especially if the early results are not encouraging.

The only suggestions I can give is to be fully open with your partner. Answer their questions fully. If they still have concerns, ask for their support and try to find out the basis of those concerns.

Some may want to be sure that any new activity will not put your major assets, such as your home or personal reputation, at risk.

Sometimes, they will feel that they are losing your time and companionship as you undertake the extra work.

Whatever the demands of your new actions are, you must ensure that you keep open the lines of communication and don't sacrifice your time together with your partner or children just to make more money.

Keep in mind that you also need to maintain that connection. Otherwise, your own well-being will suffer along with your relationship.

You will have a greater expectation of eventual success and of being well enough to enjoy it if you put regular breaks in your schedule so that you can enjoy time with those who are most important to you.

Otherwise, you are likely to stumble over some challenge at some point and start to wonder, “why are you doing this at this level of effort and commitment?”

If you keep your connections strong you will know. That knowledge is probably one of the most important pointers to your eventual success. It will also cushion the effects of the challenges and any temporary disappointments you meet.

Other People’s Influences



Many of the barriers which we need to overcome to enjoy our lives better are the result of other people’s influences.

Many people have their desire to achieve the best they are capable of because of comments or warnings which they got from well-meaning adults when they were very young.

Others keep remembering negative comments which were made about their early efforts at some activity even though that was years before.

Just as we keep our home and office clean and tidy so that we can perform efficiently, we need to carefully examine the baggage which we have accumulated in our heads from the years past.

Some of it may be out of date, inaccurate and holding us down.

While the people that criticized you were probably really trying to help you improve your performance, the result of their comments had the opposite effect. And, your intensely negative reaction to their comments made it more difficult for you to improve your results over the following years.

Those two factors have to be addressed before you can expect to move forward.

First, you will have to consider whether the comments are still an accurate judgment of your ability to handle that particular task? You are older and more experienced, so it is highly likely that you could do better if you applied yourself.

For many people, the original comments were reinforced by their own self-talk about their failure to do well at that earlier attempt. In the years that followed, they kept reliving that failure, feeling the pain of disappointment all over again and strengthening the hold that those comments on their own view of their ability.

Many of us cause a lot of problems with our self-image by constantly bombarding our subconscious with negative self-talk.

This is because many of us are only too ready to accept any negative comments which anyone makes about us as the truth.

The person that made the comment probably forgot about it within a few minutes and, unless there was some good advice in what they said, we should have forgotten it too.

How to Really Help Children

When we have our own children, it's natural to feel a great desire to protect and nurture them. But, it's important to give them some freedom to learn some lessons and even make a few mistakes.

If we don't, they may be poorly equipped to make the best of their abilities and opportunities as they grow and start to make their way in the world.

Being too protective or making things too easy for them all the time can lead them to more disappointment and frustration when they face the reality of making a living on their own.

Have you ever seen images of baby turtles breaking out of their eggs and running across the beach where their mother buried her eggs to the water? It's interesting and can be a bit distressing to many viewers because the little creatures are constantly attacked by gulls and other creatures as they try to escape into the waves along the shore.

And, their ordeal does not end when they reach the water. There are even more hungry mouths there waiting to feast on many of the little turtles which make it across the beach and into the water!

While we might feel that we'd like to be on that beach to give the turtles a hand and clear a path for as many of them as possible to escape into the open sea, fans of Charles Darwin will tell you that this sort of event is nature ensuring the survival of the species.

They will tell you that the turtles which make it out to the open water are mostly the best specimens of that sort of turtle. The species is better able to survive because the predators have eaten and removed most of the weaker youngsters, strengthening the gene pool.

I still feel that I'd like to help more of the little creatures get through or push the scientists into their own gene pool, but they are probably right.

If we did fend off all the attackers, they would get less food for themselves and their young. There would be fewer of them when the next generation of turtles burst out of their eggs and started across the sand.

If lots more weaker turtles made it to maturity, they would cause more competition for available food and mates.

We’d affect the balance which nature achieves and maintains and probably cause more harm than good.

You may have seen some people trying to protect their kids from all disappointments or any kind of negative experience. That is natural, but it sets the child up for greater problems and upsets later on.

If we want children to have the confidence to make their way in their fast-changing world, we need to let them make mistakes and show them by the way we deal with our own disappointments how to learn and continue to grow and achieve despite the bumps in the road.

Most kids get dirty and some parents get upset about it. But, if they don’t explore, they will limit their opportunities to learn and have new experiences.

The scientists tell us that some contact with dirt actually helps to improve their resistance to some kinds of bugs and diseases. If we kept them all in a bug-free environment, it would make them highly susceptible to harm from any bug which they made contact with.

The best lessons we can give children are those we teach by example, not just with words or theory. Our kids watch us more closely than many adults realize. They are not fooled when we say one thing and do the opposite. They do what they see us do, more often than they do what we say.

Dealing with Doubt

One of the most important lessons we need to learn is that we don't have to be the best at everything.



We just need to improve our average and concentrate our efforts on those goals which are most valuable to us and those who we really care about.

Many people let a disappointment turn a set-back into a dead end. They start to believe that they will never succeed at a particular activity just because they weren't instantly successful.

This may be reinforced by the reaction which their efforts get from other people who were nearby. Many children get a negative reaction from their schoolmates if they don't succeed at their first attempt at something.

The child, and even most adults, will probably try to laugh that nasty feedback off. But, most people, of whatever age, let their subconscious absorb and be influenced by the message that they will *never* be successful with that.

However, they probably realize that our first efforts are rarely a totally accurate pointer to how well we might be able to do something after more attempts, many people put that message into their minds where it sticks and continues to affect their confidence when they try that activity later on.

Many of us carry these inaccurate judgments in our subconscious for years. Some of us keep reinforcing the negative messages by using the false limits we were told that we had as a reason for not doing well at those tasks.

The subconscious accepts whatever information and opinions it gets as fact.

Over time, this affects our self-confidence and the image which we show to the world.



The effect is stronger than many realize. But, it can be replaced with more positive messages.

This is not easy. We need to to refuse to accept those self-imposed limitations. It is not always an easy process, but it is necessary if we want to gain the success we really are capable of.

Must-Have Technology or Bright Shiny Object?

Before you look to buy something or pay someone to improve your business, examine what you are doing to see if you can improve the results you are getting with your current abilities and equipment.

Some people are continually changing their methods and tactics, or lusting after some new piece of technology which they think will get them ahead of their competitors.

Ask yourself whether you are getting the best from your current systems and equipment?

Examine what you have and how you are using it carefully. Few systems cannot be tweaked to gain sometimes significant improvements. You may find that this your first step and will have advantages over buying new equipment.

You don't have to pay the significant cost of the new gear. Early adopters always pay a premium price.

They also have to learn to operate the new system. Going through that learning curve can downgrade their productivity for a time.

It's common for new equipment or systems to have teething troubles which take time to work out. This reduces any advantage that early buyers expect to get from the new system.

After a while, the cost to upgrade or replace will drop as the supplier brings out new models, the suppliers' competitors release their versions of the device and that competition drives the price down or makes them release even better models which probably will cost less than the early one you were so anxious to get.

Plan - Act - Win!

We are taught that we have to get all the information, evaluate all the risks, check for hazards and then double-check everything.



But, if we take too long on that preparation, our knowledge starts to become out of date and our competition gets moving ahead of us and locking in all the customers before we get started. I emphasize that we do need to prepare before we act.

Careful planning is essential. To do that well requires that we get information about our potential customers and the most important which will influence the potential success of our project.

But, many people get stuck in this important phase and use it as an excuse to delay actually starting the real work of connecting with people, finding customers and asking for money from them.

Proper planning and preparation is essential, but we don't have any chance of success until we take action by:

- ▶ starting to write our book
- ▶ taking our first swing on the first hole at the golf course
- ▶ asking someone to buy our product or service
- ▶ asking someone to join our club or
- ▶ ask someone to go on a date with us.

Whatever your present situation, you probably have the resources and skills to make some improvements and start to build a better future for yourself and those you care about. You just need to get started.

Never Fear Failure!

This tip will help you to move forward sooner with less effort and stress and increase your rate of lasting success.

When you realize that “failure is not a destination, it’s just another bump in the road”, you will be ready to do what you can with what you have.

You will be less likely to dither and delay unnecessarily.

Rather than worry about failure, you should make time in your planning for a failure-proofing session.



Recognize that failure is possible but, instead of worrying about it, study what less attractive outcomes could occur, including total failure.

Then, work out the potential consequences of each result. When you have that in written form, try to forecast, as realistically as possible

what you could do now to improve the odds in your favor and also what you could do if any particular outcome occurred.

After you have considered all the important factors, you will find that you either feel more confident about going forward or you may decide that the odds against success or the penalty might be too great.

If you just worried about possible, unresearched outcomes, you would have to settle for less progress and the stress that worry generated would affect your health in the future.

Even if that sort of decision seems the best at this point, you may be able to shelve the project for a later time when you are better prepared financially or with better levels of skill and knowledge.

The time you give to this sort of review is never wasted. You will be able to use the information you get to more quickly and accurately find the projects which best suit you in the future.

Time saved is like money in the bank. When people see that we can make decisions in good time and that our success rate with the work we take on is improving, we will be offered better deals more often too.

What Doesn't Break You, Makes You Stronger

I have tried to avoid clichés in this book, but hope you don't mind one or two.

After all, they become clichés because they are usually very hard to improve on when we are referring to a particular common experience.

Every time we make a mistake or fail at some task, we gain some knowledge and are better prepared to handle similar situations when we encounter them in the future.

We can also help others to avoid that disappointment if we share our experience with them.

Beating Writer’s Block and other Barriers

Note: This will help you even if you are not a writer or you are, but don’t have any writing block problem.



The tactic is transferrable to many other areas where you might struggle to get started on a project and there is no tangible obstruction to starting. The benefit can be great, because letting this sort of problem continue not only reduces your productive output in whatever area you are involved in, it sets up a habit of delay which will

make it increasingly harder to improve the situation.

Like many other writers, even some that have had a fair measure of success, I used to struggle with writer’s block. But, I am happy to report it is almost a thing of the past after someone suggested this tactic.

Most people that have writer’s block just stare at the computer screen or blank sheet of paper trying to dredge up some inspiration. They focus on the subject which they intend to write about.

They **freeze!**

They may stay stuck and try to get the ideas flowing through sheer mental will. But, it usually does not work.

They may try to break through, by taking a coffee break or going for a walk. These can help but the person sacrifices some valuable time and most of us don’t have much of that to spare.

Then, when they somehow get some words into their mind, they have to adjust their thinking and put themselves back into their writing mode.

Even worse, repeating this fruitless situation will, over time, cause it to become an ingrained habit.

My friends said that she had learned to avoid wasting the extra time by staying at her typewriter and writing something, almost anything, even a shopping list. She felt that writing something in the form that we intended to write our actual work was best but there was no need for it to be anything of importance.

The actual task of writing would help our mind to get into the correct mode and we would soon be writing something useful.

When I open a blank document on my computer, if I can't think of something relevant to write, I just write anything that comes to mind.

This avoids the mental stress of not writing and starts to create a habit that we always write when it is time to write, not just when we feel like we can.

Connecting with People

The most valuable quality we can have is the ability to connect with other people. Many people have problems with making these connections. They feel even worse when they see other people seem to have no such trouble. The problem can get worse as they focus on the failures and start to think that they have some fault which will prevent them from making friends or connecting with clients in the future.



But, most people can overcome any problems like this very simply. Better communication will help with all our interactions and also increase our self-confidence.

Whatever hurdles you may face at any time during your life, better communication skills will be a great asset that will make them easier to overcome. That will make us attract the attention of more people and that will improve our levels of personal and professional success.

These simple suggestions have worked for many people. They will work for you too.

Show an interest in the person speaking: Focus on the person or group that you are with. Show by your body language and your attitude that you want to be with them. Don't let your attention wander to the buffet table or that attractive stranger who just walked into the room.

Listening is a skill. Too many listen but don't take in any of what they hear. People will tell you that they can't remember names or details of a conversation they had ten minutes ago. You will make a great impression if you listen carefully and then repeat the person's name when you reply to them. Ask them about something they said but put it in your own words.

Talk to two new people each day: This is particularly valuable for people that don't know many people, have trouble starting a conversation or have

few opportunities to meet new people at events. You may already talk to someone at the bus stop but it's important to get used to starting a conversation with people you haven't met before.

What to talk about? Yes, ask about the weather if you can't think of anything else. But, a better start is to talk about their favorite subject, them. Or, if you don't know them that well, ask them a question which gives them a chance to tell you something about themselves.

Be Positive: If you display a negative attitude or talk negatively about almost every subject, you will find that only people with a similar negative attitude will keep talking to you. If you want to meet and mix with happy people, project a confident aura and smile.

You don't know how they feel: Every human is different in their physical and emotional make-up. Each of us will be affected differently by the various major events which we all face. All we can do is being supportive when they may need help and congratulate them when they have some success.

Compliments are never out of fashion: If you can say something positive about someone, don't hold back. But, make it sincere and don't overdo it.

Leave them wanting more: The hardest thing to do sometimes is end a conversation. Watch for signals that the buzz in a conversation is dropping. If you need to discuss it further with the person, you might get a better response by suggesting that you continue to talk another time when you each have more time.

Avoid the obvious: Don't use technical terms unless everyone in the group will understand them and want to talk about the topic. Don't tell any stories which might embarrass anybody, whether or not they are present. Don't reveal confidences. Try to make their day better for the conversation.

“Don't tell people about your digestion”

**“How are You?” is a greeting
not a question.” - [Arthur Guiterman](#)**

Step-by-Step to Success



If we want to improve our ability to do some task, personal coaching is one of the best possible ways to get some improvement in a relatively short time.

The two main factors in deciding to hire a coach is whether the level of coaching we need is available and if we can afford it.

Time is another important factor but, if you don't get the coaching, you will probably have to invest more time than the coaching would take to learn by yourself, or with some other people that had about the same level of experience as you.

Coaching from a person that has achieved a high level of that skill and also has the ability to pass on that knowledge effectively is usually worth whatever it costs.

One thing to remember is that a coach will improve your technique which will almost certainly improve the results you get. But, you cannot expect that they can teach you to do whatever it is at the same level that they do unless you have the same level of fitness, mental conditioning and personal drive.

You can also learn with a group who are about your level or a bit better. As long as everyone is supportive and none are over-competitive, you can expect some improvement and a lot of fun at the same time.

Not all coaches provide fun as part of their sessions – that takes time from the serious stuff!

You can also gain some knowledge from reading or viewing instruction material by coaches and expert practitioners.

There is also a method which can be effective if you are prepared to stick with it. You can dissect the actions involved when you do the task, play the game or whatever and look for ways to strengthen those parts which are not

getting the level of results you want and reinforce your knowledge about those areas where you are already doing well.

This works for sport or business –just about any activity which you can record and review in small steps.



This can also help you if, perhaps as the result of a promotion which will take you out of the type of work you have been doing, you have to teach your successor how to do it.

If you have gone through the steps of record, review and improve, you will be able to clearly explain what the new person needs to do very well indeed.

You will save their time as well as your own because you will be able to show them any reliable short-cuts as well as potential mistakes they can avoid.

Some people will probably worry that being open about the best way to do that job will make the new person a competitor for future promotions.

But, that negative thinking is probably a bigger problem than competition from a colleague.

If you focus instead on learning your new job and then using your new technique to improve your productivity, you will be too busy working toward your new and higher goals to waste time on confidence destroying negativity.

There is one warning I should make at this point. If your employer has set specific methods which they expect you to use, don't try to change things on the job.

They would have greater knowledge of the various techniques and especially the outcomes which they want and how to get them.

If you are working in an organization which has set methods, and think you have some ideas which might be worthwhile, use the available route through your supervisor to pass on your ideas.

That’s much better for everyone than making spot changes which may cause problems for other people that you could not have been aware of.

You may even find that your “new” idea has been tried before and some rule or different method has been brought in to prevent a problem the idea caused then.

Being a team player is an old-fashioned idea, but it’s a good way to get a long way in most organizations.

Professional Help to Clear Your Barriers



Some readers may want or find that they need ongoing professional help with particular problems that are affecting their lives.

Some will have tried some of the systems on offer and probably everyone else has wondered about whether they might find some of them worth the time and cost.

So, I decided to give a very brief overview of some of the background and the claims of people involved with Neuro-Linguistic Programming,

Cognitive Behavioral Therapy, Life Coaching and Hypnotherapy.

I do not claim to be an expert in any of these areas and will not offer any judgments about anyone or anything involved with them.

This section is intended as an overview which I hope will give readers some information and perhaps suggest some questions which you might want to ask any consultants or therapists that you were considering getting help from.

The first resource for more information should be your own medical advisor who can use their professional knowledge and experience to offer professional advice which they believe will best match your needs based on their intimate knowledge of your general circumstances and medical history.

Also, please be aware that my comments are very general in nature because there can be significant variations in some of the different disciplines as practiced by different individuals.

Your doctor may not be able or willing to suggest particular experts for you to consider consulting. But, he or she may be willing to suggest some questions, or areas of interest that you might ask the therapist, or other expert about, so that you get the information which could be most useful to you in making your decisions.

The coverage is no more than what I believe to be the basic structure and details of these disciplines. Your experience and impressions may be very different. That is unavoidable because many of the people that are involved in any of these areas for years also have widely divergent views and theories. So, I offer this in a spirit of helpfulness. Comparing my views with your own and your experience may help you get better results from any of these areas which you decide to be more deeply involved with.

I wish you well but repeat the best suggestion I’ve ever heard when considering changing parts of your way of dealing with your world, “Please, be very careful out there!”

Life Coaching

Life Coaches select a number of proven techniques to help you clear negative factors and influences from various areas of your life.

This is intended to help you clear out those things which are causing you to be held back from achieving your goals and enjoying every aspect of your life to the maximum.



The Coach helps you to plan the best way forward, rediscover your inspiration and commitment and then go forward more confident and capable to achieve your personal and professional goals.

Some people will get the best results by using a professional Coach to assist them. They are like a paid mentor but they actively assist you with techniques and ideas based on their professional

experience and training.

People that are already fairly well-organized can use some of the techniques used by the coaches to work out some of their problems themselves.

Many of the strategies are simple but a Coach can be the best option for someone who wants get some results fairly quickly and lower any risk of taking time and energy wasting detours in their quest to improve their life by using the knowledge of the Coach instead of having to do your own research and then work out what methods and tactics are the best for you and how to use them most effectively..

Whatever way you undertake Life Coaching, please understand that it is as important as just about anything else you are doing. The more focused you become about progressing along your new path, the better the results you are likely to get.

I suggest that you only ever postpone a coaching session when there is a real emergency. They are that important because of the potential benefit

they can give you and the dividends which you will reap when you start to achieve some success.

Your time with your Coach should be uninterrupted as much as possible. If you have to break the session to answer the phone, there will be some time lost and your concentration may also be affected.

Before starting each session, review what you have achieved, what you learned from the previous session and the “homework” you did since then.

Always give yourself some time before a session to do this review. You will find that you think of questions which you can get the Coach to help you with.

You may think of these when you are doing other activities, but having a review session will bring more to your conscious mind when you have a notepad ready to write them down.

Coaches will talk with you before your first training session so that they can tailor the program they develop for you to your particular needs.

They will also start your coaching program at whatever level you are ready for. Having a personal Coach is better in this way than going to a group class where everybody gets the same level of training, with not much regard for their current abilities and particular needs.

After each session, put some time into reviewing the new material and feedback you got from your Coach while it is still fresh in your mind.

Life Coaching can give you better questions to ask yourself about where you want to go with all aspects of your life and what you need to do to get there.

It can help you appreciate better the best things in your current situation and give better ways to improve any areas which have negative aspects.

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy is a section of psychotherapy devoted to improving how people handle their emotions and the consequences.



A core part of cognitive behavioral therapy is changing or eliminating thinking patterns which are interfering with our ability to enjoy our current situation and achieve significant improvements in various areas of our lives and relationships.

Cognitive behavioral therapy involves examining your interactions, both positive and negative, with people in all areas of your life.

While cognitive behavioral therapy gets you to focus on your emotions and beliefs, it seems to encourage you to think about adapting them to help you connect better with the world around you.

It gives you ways to look at how your emotions affect you and your life in an unemotional way.

I think that cognitive behavioral therapy is intended also to help people deal with emotional challenges with less stress and worry than they might have been capable of before beginning cognitive behavioral therapy.

When we become upset or angry because of an exchange with another person, we tend to blame the other person for the distress and other negative feeling which we have, cognitive behavioral therapy gets us to understand that the negativity may have more to do with our own internal feelings, values and ingrained behaviors.

An important part of cognitive behavioral therapy is helping people to become aware of the effects of negative behavior patterns which they follow.

The consultant's main task is to help the client along the path to making changes which will improve their quality of life on many levels.

The benefits will extend through the rest of their lives,

A core part of Cognitive Behavioral Therapy is examining your emotional challenges. This involves careful study of all the important factors.

You look for events which cause the problem to surface. This is called a **trigger**. It may be a mental image such as a dream or a real event which occurred in the past or is expected to happen in the future and which has a deep effect on you.

The Cognitive Behavioral Therapy consultant helps you to examine how your values and beliefs affect how well you are able to handle the events.

Then, you examine what outcomes are likely because of this interaction of your beliefs and the significant events in your life.

When you examine this under professional guidance, you may become better equipped to handle the events and their consequences in your life.

Hypnotherapy

What is the difference between hypnosis and hypnotherapy?



Hypnosis is a technique which has been used and sometimes misused for centuries to amuse, help or sometimes deceive people.

Hypnotherapy is a discipline where a trained therapist uses the power of hypnosis to help their clients to deal with personal problems of various kinds.

Hypnosis is claimed to reduce the strength of the artificial restrictions we put on our behavior and some of those imposed by the society we live in.

A stage hypnotist may connect with us when we are in that relaxed state and persuade us to cluck like a chicken or perform some other action which might not be part of our regular behavior for the amusement of the other audience members.

The hypnotists claim that no-one will do anything while under hypnosis which they would not do while fully awake. They say that their hypnosis will not ever cause anyone to betray their personal moral or ethical values. If that is true, some people are a lot more liberated in their thinking than I would have thought they were.

I know some people that have done hypnosis for entertainment before it was banned in this jurisdiction. They are ethical and I don't believe they would do anything which would offend their volunteers, but I would not let myself or any of my children be hypnotized by anyone I did not know or have recommendations about from people I have good reason to trust. Apart from ethical considerations, hypnosis, when wrongly applied, can cause problems which do not show up for some time.

But, I would undergo hypnotherapy if my doctor checked and approved of the therapist which I intended to see.

You must make up your own mind.

Anyway, our interest in this ebook is in Hypnotherapy.

The therapists use the same basic technique as the hypnotists. But, they are usually operating under a set of rules far more strict than the entertainers.

Some of the benefits claimed for hypnotherapy include:

- ✓ Changing habitual behavior.
- ✓ Helping with management of pain.
- ✓ Removing or modifying negative attitudes
- ✓ Helping people to relax or get better sleep.

Some of these things can also be done by an individual if they have enough confidence and can persist until they get the desired results. But, using a qualified therapist whom you have reason to have confidence in may get better results and in less time.

Neuro-Linguistic Programming

Neuro-Linguistic Programming is described differently by many of its practitioners and advocates.

My impression is that it is offered as a systematic way to learn more about how we and other human beings operate on the conscious and unconscious levels.

This is supposed to help us make more sense of various areas of our lives and to help improve the results we get from many areas of it.

This discipline has had an explosive pattern of growth and wide acceptance since it began in the 1970's.

Many of its strongest supporters are highly successful in businesses of all kinds. There has also been a lot of criticism.

If you have not had any contact with N.L.P., you have probably heard, read or viewed material from Tony Robbins, probably the most well-known fire-walking instructor in the world.

Mr. Robbins' systems seem to have some similarities to parts of classic N.L.P. but they are not the same. I have met a few people who have graduated from some of Mr. Robbins' training sessions and claim that their rate of success and accomplishment, which I found impressive, was due to some extent to Mr. Robbins' training. One had attended multiple sessions and felt it was well worthwhile.

Some of the areas where N.L.P. is claimed to assist people who use it include:

Making Positive Changes in Behavior: NLP is claimed to help you understand why people do things the way they do. For example, why they develop habits, and why they resist changing a habitual behavior even when they know that it may be likely to have negative results for them over time.

Enhancing Our Senses: N.L.P. is claimed to help us understand and appreciate our various senses, and improve the results we get when using them.



Connecting Better with People: I've already suggested that this is a critical skill which can help almost anyone improve their personal and professional activities. This would be something I would focus on if I decided to try N.L.P.

Choosing and Achieving the Best Results:

Another important part of N.L.P. is helping you to focus on results for yourself and others rather than just thinking about the negative aspects, if any, which may be encountered as you move forward.

Wesley’s Words

I hope that this discussion of tips and techniques for dealing with barriers which are affecting your current personal and business situations as well as the prospects for greater future success has given you some ideas and enthusiasm for moving forward more quickly and with more confidence.

**May Your Success be as Great as You Deserve
and far greater than you can imagine right now!,**

Wesley Morton

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