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By the time you finish this book, there will be nothing holding you back. --from the Introduction Most people have a vision for their lives that they're not pursuing, half-heartedly pursuing, or pursuing with all their might yet somehow falling short.

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The One Thing That Is Really Holding You Back So Much

I ve wanted to write this post for a long time and sometimes writing personal posts makes me hold back.

Exposing yourself is always risky but my goal is to always inspire and encourage so if I m feeling a certain way, there s got to be at least one other person out there that feels the same way and can relate, right?

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The One Thing Holding You Back provides real solutions that can be implemented immediately and without external support and includes true stories of people who have put Cushnir's process to work and transformed their lives. Delivering a step-by-step program in accessible language, this landmark book will turn the obstacles in front of us into tremendous opportunities for achieving the life we always wanted.

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