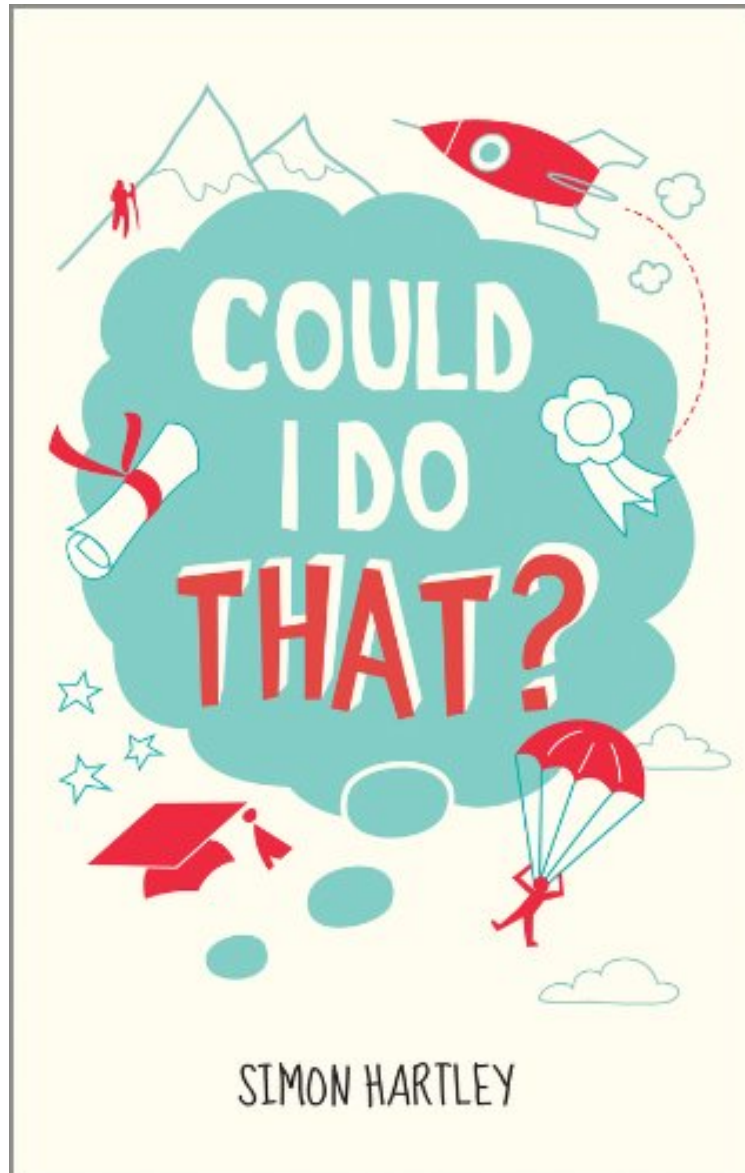


Could I Do That?

Simon Hartley

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Simon Hartley : Could I Do That? before purchasing it in order to gage whether or not it would be worth my time, and all praised Could I Do That?:

Yes you can! Hands up who feels like a completely inadequate underachiever whenever you hear about someonesquos great achievement. When someone in the office is off cycling around the world, or someone on TV

has just launched a great new business which will save the planet? Most of us envy the drive and determination of these people. They've actually made this stuff happen rather than just day-dreamed about it. We all ask...Could I Do That? Well Simon Hartley is here to show us that we can! Taking on a challenge - big or small - in your career or personal life, can be intimidating but also totally transformational. Simon will show us how to work out what it is we want to do and then how to make that happen. He uses examples and advice from others who have achieved big things. The book examines how you should go about preparing for change, which problems you'll face along the way, and demonstrates why and how your life will be better as a consequence. Practical and motivational, it's about embracing change and defeating limiting beliefs. It challenges readers to think big and take steps to achieving their goals. It puts power in the hands of people who don't yet realise that they can do extraordinary things too.

From the Back Cover If you knew you couldn't fail, what would you try? The media is awash with stories of incredible people, doing incredible things. If it's not travelling non-stop around the world on a unicycle, they might be building their own eco-house or a multi-million pound business from scratch. Do you watch these people and wonder '...Could I do something amazing too?' Most of us envy the drive and determination of such people. They've made stuff happen rather than just daydreaming about it. But do you really know where your limit is? Do you have any idea of what you're truly capable of? The only thing holding you back is...you. We all have challenges that we would love to take on, but for some reason, there's a gap between us and what we'd love to achieve. The question is - how can we bridge that gap? *Could I Do That?* shows you how to embrace change and defeat the limiting beliefs that will enable you to tackle those challenges - whether big or small - that seem too daunting or even impossible. With examples and advice from others who have achieved big things, and plenty of practical tips to set you on your way, you'll learn that you too, can do something extraordinary.