

the big leap gay hendricks

The Big Leap Gay Hendricks: Unlocking Your Full Potential and Overcoming the Upper Limit Problem

the big leap gay hendricks is a transformative concept introduced by Dr. Gay Hendricks in his groundbreaking book, **The Big Leap**. This work has resonated with countless readers seeking to break through invisible barriers that hold them back from achieving their true potential in life and work. If you've ever felt stuck despite your efforts or sensed an internal resistance to success and happiness, then understanding the principles behind "the big leap" can be a game-changer.

In this article, we'll explore what the big leap entails according to Gay Hendricks, discuss the common psychological blocks known as the "Upper Limit Problem," and share practical insights to help you move beyond self-imposed limitations. Whether you're an entrepreneur, artist, professional, or simply someone eager to grow, these ideas can help you unlock a new level of fulfillment.

Who is Gay Hendricks and What is The Big Leap?

Gay Hendricks, Ph.D., is a renowned psychologist, author, and speaker who has spent decades researching personal growth, relationships, and peak performance. In **The Big Leap**, he presents a unique framework for understanding why so many people hit an invisible "ceiling" preventing them from experiencing sustained success and happiness.

The central premise of the book is that everyone has an inner thermostat setting for happiness and success, and when we exceed this level, we unconsciously sabotage ourselves to return back to what feels "normal." Hendricks calls this phenomenon the "Upper Limit Problem." His work focuses on recognizing these limits and learning how to push beyond them, making "the big leap" into what he terms your "Zone of Genius."

Understanding the Upper Limit Problem

One of the most compelling contributions of **The Big Leap** is the identification of the Upper Limit Problem. This is the tendency to self-sabotage when we reach a certain threshold of success or happiness. Some common manifestations include:

- Experiencing sudden anxiety or worry after a big win
- Creating conflict in relationships just when things are going well
- Procrastinating or losing motivation after achieving a goal

- Feeling undeserving or guilty about your accomplishments

According to Gay Hendricks, these reactions stem from deeply ingrained beliefs about what we deserve or can handle. Our subconscious mind pushes back against growth because it perceives it as risky or unfamiliar. Recognizing these patterns is the first step to moving beyond them.

The Zone of Genius: Stepping into Your True Potential

A core concept in Gay Hendricks' work is the "Zone of Genius." Unlike the Zone of Competence or the Zone of Excellence, the Zone of Genius represents the activities and work that bring you immense joy, fulfillment, and unique contribution to the world.

How to Identify Your Zone of Genius

Finding your Zone of Genius isn't always obvious, but Hendricks suggests reflecting on the following questions:

- What activities make you lose track of time because you're so absorbed?
- Where do you naturally excel without feeling drained?
- What work or hobbies give you a deep sense of satisfaction and pride?
- How do you uniquely help or inspire others?

By pinpointing these elements, you can start to devote more energy to operating in this zone, which is essential for making the big leap.

Why Staying in the Zone of Excellence Can Hold You Back

Many people settle in their Zone of Excellence – areas where they're skilled and successful but not necessarily passionate or fulfilled. Hendricks warns that while this zone feels safe, it often leads to burnout, boredom, or a sense of emptiness. The big leap requires courage to transition from this comfort zone into the Zone of Genius, where true growth and happiness lie.

Practical Strategies from The Big Leap Gay Hendricks

For those inspired to make the big leap, Gay Hendricks offers several

actionable strategies to help overcome internal barriers and step into a higher level of success and joy.

1. Become Aware of Your Upper Limit Behaviors

The first step is mindful awareness. Pay attention to moments when you feel stress, doubt, or negativity creeping in after a positive event. These are signs that your Upper Limit Problem may be activating. Journaling can help track these patterns.

2. Challenge Limiting Beliefs

Once you identify self-sabotaging thoughts, ask yourself whether they are really true. Common limiting beliefs include “I don’t deserve this,” “I’m not capable of handling success,” or “If I’m too happy, something bad will happen.” Reframe these beliefs with empowering alternatives.

3. Practice Radical Responsibility

Hendricks emphasizes taking full responsibility for your feelings and actions. Instead of blaming external circumstances for setbacks, recognize your power to choose new responses and create positive change.

4. Commit to Living in Your Zone of Genius

Make a conscious decision to spend more time on activities aligned with your unique talents and passions. This might involve setting new goals, delegating less meaningful tasks, or seeking out supportive communities that encourage your growth.

5. Use Affirmations and Visualization

Positive affirmations and visualizing your success can reinforce your commitment to change. Imagine yourself thriving in your Zone of Genius and handling success with ease and grace.

Impact and Relevance in Today’s World

In our fast-paced society, where burnout and stress are common, the insights

from **The Big Leap** by Gay Hendricks are particularly valuable. Many people feel stuck in careers or relationships that no longer satisfy them but are unsure how to break free. By understanding the Upper Limit Problem, individuals can become more compassionate with themselves and courageous in their pursuit of authentic happiness.

Moreover, entrepreneurs and creatives have found the big leap framework helpful to push through fear and imposter syndrome, allowing them to innovate and expand their businesses or art. The book encourages embracing abundance and self-acceptance, which are crucial mindsets for sustainable success.

Additional Resources and Related Concepts

If you want to dive deeper into the themes of **The Big Leap**, consider exploring related topics such as:

- Emotional intelligence and self-awareness
- Mindfulness and meditation practices for overcoming fear
- Growth mindset and resilience building
- Work-life balance and creating fulfilling career paths
- Coaching and therapy focused on personal development

Gay Hendricks himself has authored other influential books, including **Conscious Loving** and **The Joy of Genius**, which complement the teachings in **The Big Leap** by exploring relationships and creativity.

Exploring these resources can offer a more holistic approach to making transformational changes in your life.

The journey described in **The Big Leap** is not about reaching a final destination but about continuously elevating your capacity for love, work, and joy. By recognizing the Upper Limit Problem and stepping courageously into your Zone of Genius, you open yourself up to a life filled with greater satisfaction and meaningful contributions. The big leap is indeed a profound invitation to live your fullest life.

Frequently Asked Questions

What is the main concept of 'The Big Leap' by Gay Hendricks?

The main concept of 'The Big Leap' is the idea of the 'Upper Limit Problem,' which suggests that people have an internal thermostat for happiness and success, and often self-sabotage when they exceed their personal limits.

Who is Gay Hendricks, the author of 'The Big Leap'?

Gay Hendricks is a psychologist, author, and speaker known for his work in personal growth, relationships, and business success. He has written several best-selling books including 'The Big Leap.'

What is the 'Upper Limit Problem' described in 'The Big Leap'?

The 'Upper Limit Problem' is a concept that describes how people unconsciously limit their own happiness and success because they are uncomfortable with exceeding their perceived limits.

How does 'The Big Leap' suggest overcoming self-imposed limits?

The book suggests becoming aware of the Upper Limit Problem, embracing your Zone of Genius, and consistently pushing beyond comfort zones to achieve higher levels of success and happiness.

What are the four zones Hendricks identifies in 'The Big Leap'?

The four zones are the Zone of Incompetence, Zone of Competence, Zone of Excellence, and Zone of Genius. The goal is to spend more time in the Zone of Genius where you do what you are uniquely talented at.

What is the 'Zone of Genius' according to Gay Hendricks?

The Zone of Genius is the state where a person operates at their highest potential, engaging in activities that they are uniquely good at and passionate about, leading to fulfillment and success.

How does 'The Big Leap' relate to personal and professional growth?

The book provides strategies to break through internal barriers that hold people back, enabling them to reach their full potential in both their personal lives and careers.

Can 'The Big Leap' help with overcoming fear and anxiety?

Yes, 'The Big Leap' addresses fears and limiting beliefs that cause anxiety, encouraging readers to recognize and move beyond these mental blocks to live more freely and confidently.

Is 'The Big Leap' useful for entrepreneurs and business leaders?

Absolutely. The book offers insights on how to maximize potential and overcome self-sabotage, which is valuable for entrepreneurs and leaders striving for growth and success.

What practical exercises does 'The Big Leap' include?

'The Big Leap' includes exercises such as identifying your Upper Limit behaviors, recognizing your Zone of Genius, and practicing conscious commitment to living in that zone to foster lasting change.

Additional Resources

The Big Leap Gay Hendricks: An In-Depth Exploration of Breakthrough Personal Development

the big leap gay hendricks is a phrase that resonates deeply within the self-help and personal development community. Authored by Dr. Gay Hendricks, a renowned psychologist and educator, "The Big Leap" offers transformative insights into overcoming internal barriers that inhibit success and happiness. This book has garnered significant attention for its unique approach to identifying and transcending what Hendricks terms the "Upper Limit Problem," a pervasive psychological pattern that limits individuals from fully embracing their potential.

In this article, we will delve into the core concepts presented by Gay Hendricks in "The Big Leap," analyze its impact on readers and professionals alike, and explore its relevance in today's fast-paced, achievement-oriented world. By dissecting the mechanics of the Upper Limit Problem and the strategies Hendricks proposes, readers can better understand how this work stands out in the crowded field of personal growth literature.

Understanding the Core Premise of The Big Leap

At the heart of "The Big Leap" lies the notion that many people unconsciously sabotage their own success and happiness. Gay Hendricks introduces the concept of the Upper Limit Problem (ULP), which describes a self-imposed ceiling on how much joy, love, and accomplishment one feels entitled to experience. According to Hendricks, this problem manifests as negative thoughts, self-doubt, or behaviors that ultimately prevent individuals from operating within their "Zone of Genius"—a state where one's unique talents and passions align perfectly with their work and life goals.

Hendricks argues that most people operate below this Zone of Genius, stuck instead in habitual patterns tied to their Zone of Competence, Zone of Excellence, or even Zone of Incompetence. The Big Leap is about recognizing these patterns and making a conscious shift to live more fully in the Zone of Genius, thereby achieving higher levels of fulfillment and productivity.

The Upper Limit Problem Explained

The Upper Limit Problem is the psychological threshold beyond which people feel uncomfortable or undeserving of success or happiness. It can manifest as:

- Procrastination or self-sabotage when things start going well
- Chronic stress or anxiety despite external success
- Conflict in relationships or with oneself during moments of achievement
- Physical ailments or unexplained problems coinciding with upward progress

Gay Hendricks uses clinical examples and personal anecdotes to illustrate how these phenomena are often subconscious reactions to breaking through one's self-imposed limits. By identifying these signals, readers can learn to navigate and eventually transcend their Upper Limits.

Key Features and Concepts in The Big Leap

Gay Hendricks' work is distinguished by its clear framework and practical approach. The Big Leap introduces several pivotal ideas that empower readers to make meaningful changes:

1. The Four Zones

Understanding the four zones is critical for readers to map their current position and aspirations:

1. **Zone of Incompetence:** Tasks one performs poorly or without skill.
2. **Zone of Competence:** Tasks done adequately but can be done by many others.

3. **Zone of Excellence:** Tasks one does very well, often leading to success, but not necessarily aligned with passion or deep fulfillment.
4. **Zone of Genius:** Unique abilities and passions that combine to create exceptional value and personal satisfaction.

Hendricks emphasizes that true happiness and success come from spending more time in the Zone of Genius, but the Upper Limit Problem often keeps people confined to the other zones.

2. Commitment to Living in the Zone of Genius

The Big Leap encourages readers to make a deliberate commitment to living in their Zone of Genius. This requires overcoming fears of failure, success, and even of standing out. Hendricks provides exercises and reflections designed to help readers identify their unique gifts and create strategies to nurture them.

3. The Importance of Conscious Choice

A significant part of Hendricks' message is that individuals can consciously choose to break free from limiting patterns. This empowerment through awareness is fundamental to the book's approach, aligning with modern cognitive-behavioral techniques and mindfulness practices.

Impact and Reception of The Big Leap by Gay Hendricks

Since its publication, "The Big Leap" has influenced a broad audience, from corporate leaders to creative professionals. Its practical insights into human psychology and success have made it a recommended read in business coaching, therapy, and life coaching circles.

Comparative Analysis with Other Personal Development Works

Compared to other popular self-help books like Stephen Covey's "7 Habits of Highly Effective People" or Carol Dweck's "Mindset," Gay Hendricks' "The Big Leap" uniquely focuses on internal psychological barriers rather than external habits or beliefs alone. While Covey and Dweck discuss behavior and

mental frameworks, Hendricks dives deeper into the emotional and subconscious reasons behind self-sabotage.

This focus on the Upper Limit Problem fills a notable gap in the literature by explaining why people might fail to progress even when they have the skills and opportunities. The book's blend of psychological theory, practical advice, and personal storytelling contributes to its effectiveness and relatability.

Pros and Cons of The Big Leap Approach

- **Pros:**

- Clear and actionable framework for identifying personal barriers
- Engaging writing style that combines professional expertise with narrative
- Applicable across various domains—business, personal life, creativity
- Focus on sustainable, internal change rather than quick fixes

- **Cons:**

- Some concepts may feel abstract or challenging to quantify
- Requires ongoing self-awareness and discipline to implement
- May not address external systemic barriers to success

Practical Applications of The Big Leap Principles

For professionals and individuals seeking growth, applying the teachings of Gay Hendricks can lead to tangible improvements:

- **Career advancement:** By identifying and moving beyond the Upper Limit Problem, professionals can take on leadership roles or pivot careers

with greater confidence.

- **Creative expression:** Artists and creators can overcome blocks and tap into their Zone of Genius to produce authentic work.
- **Relationship enhancement:** Recognizing self-sabotage patterns can improve communication and intimacy by fostering openness and vulnerability.
- **Stress reduction:** Understanding that discomfort may stem from internal limits helps reframe anxiety and reduce chronic stress.

Gay Hendricks also provides practical exercises such as journaling prompts, affirmations, and mindfulness techniques to support these applications.

Why The Big Leap Remains Relevant

In an era characterized by rapid change and high expectations, the psychological insights of "The Big Leap" offer a valuable roadmap for sustainable success. The book's emphasis on internal transformation rather than external validation aligns with contemporary trends in mental health and well-being.

Moreover, the idea of the Zone of Genius speaks to a cultural shift toward meaningful work and authentic living. As more people seek to align their careers and lifestyles with their passions, Hendricks' framework serves as a guide to navigate the inevitable challenges that arise.

The enduring popularity of "The Big Leap" in self-help circles, leadership programs, and therapy sessions underscores its practical utility and psychological depth.

Exploring the big leap gay hendricks reveals a nuanced approach to personal growth that transcends conventional advice. By illuminating the hidden psychological barriers that limit potential, Gay Hendricks offers readers a pathway to greater fulfillment and achievement. Through understanding and overcoming the Upper Limit Problem, embracing the Zone of Genius, and committing to conscious change, individuals can make profound shifts in their lives. This book remains a cornerstone resource for those striving to unlock their true capabilities in an increasingly complex world.

[The Big Leap Gay Hendricks](#)

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we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. I don't deserve this, this is too good to be true, or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

the big leap gay hendricks: *Your Big Leap Year* Gay Hendricks, PH.D., 2024-02-13 A 366-day guidebook to maximizing wealth, love, and creativity from New York Times bestselling author Gay Hendricks. What if a year from now you could be experiencing more happiness, health and wealth? Learn how to take the big leap - one little leap a day. Gay Hendricks' bestselling book *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* has sold over 350,000 copies since its original publication. That book outlined the idea of going beyond the reader's happiness ceiling, and into experiencing the joys of life in ever-growing ways. Now comes Hendricks' companion book, *Your Big Leap Year*, which breaks the larger goals explored in Hendricks' bestseller into smaller daily steps, helping readers move into immediate action and stop delaying their dreams. This 366-day (to accommodate leap years!) guidebook takes readers on a journey to leave good behind in pursuit of extraordinary. For everyone who wants to break through their self-imposed limits and reach new degrees of success in any area of life, *Your Big Leap Year* is the perfect book to empower readers to live their greatest lives, at last!

the big leap gay hendricks: *Summary of The Big Leap by Gay Hendricks* QuickRead, Alyssa Burnette, Written for anyone who's ever felt that their fears and insecurities are getting in the way of accomplishing their life goals, *The Big Leap* (2009) is a guidebook for taking that life-changing plunge. By laying out the numerous ways in which we sabotage our own lives, Hendricks provides readers with a practical, step-by-step roadmap for eliminating these toxic behaviors and achieving our dreams. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. **DISCLAIMER:** This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

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happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. I don't deserve this, this is too good to be true, or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

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the big leap gay hendricks: Living in Your Genius Gay Hendricks, 2018-09-25 Gay Hendricks broke new ground earlier this century with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives and health practitioners around the world. Now, Dr. Hendricks brings you his new work, the next step beyond *The Big Leap*. The new book shows how to solve two major problems creative people face: how to end negative thinking and how to liberate authentic creativity. *The Joy of Genius* also shows you how to use the Genius Move, a new navigational tool for reaching the highest level of your potential. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Joy of Genius*, will become a trusted companion for the journey.

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the big leap gay hendricks: The Genius Zone Gay Hendricks, PH.D., 2021-06-29 Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily routines. Gay Hendricks's *The Genius Zone* offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives, and health practitioners around the world. Originally published as *The Joy of Genius*, *The Genius Zone* has been updated and expanded throughout, making it the essential next step beyond *The Big Leap*. In *The Genius Zone*, Hendricks introduces his brilliant exercise, the Genius Move, a simple, life-altering practice that allows readers to end negative thinking and thrive authentically. By using the Genius Move, readers will learn to spend more of their lives in their zone of genius—where creativity flows freely and they are actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, *The Genius Zone* is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Genius Zone* will become a trusted companion for the journey.

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the big leap gay hendricks: The Soul Solution Vanessa Loder, 2022-10-04 “Vanessa is to women and power what Brené Brown is to vulnerability.” —Andy Dunn, author of *Burn Rate*, cofounder of Bonobos Are you so busy fulfilling everyone else's expectations that you've lost touch with yourself? Do you find yourself filling up your “free” hours with mundane tasks, soaking up podcasts to improve yourself, and rushing around, never getting it all done? For many women, it's the same kind of story—we hustle to overachieve at work and at home, all in the hopes that we can “crush it” until we finally feel fulfilled. Vanessa Loder invites you to consider this question: “What if the point isn't to crush it in life, but to savor it?” With *The Soul Solution*, this sought-after women's leadership expert shares a powerful and practical guide to help women who feel overwhelmed and exhausted to recover our true selves—and our joy in living. Here she presents a road map for coming home to yourself, including:

- The Whispers of Your Soul—the three key steps for tuning out the noise and accessing authenticity
- Your Energetic Bread Crumbs—how the universe signals to you when you're on the right path
- Discover Your Superpower—why you've been ignoring your most valuable gifts, and how to reclaim them
- From Tunnel Vision to Visionary—ways to break out of the “shame cycle” of patriarchal culture and own your destiny
- Quieting the Inner Critic—how to retrain your inner voices to encourage and support you
- The Upward Spiral—using the SAT method (Surrender, Allow, Trust) to get more of what you want with ease

Filled with practical guidance and inspiring personal stories, *The Soul Solution* is a nonstrategic, nonlinear—but entirely effective—guide to help you reclaim your feminine, intuitive soul power to fulfill your most meaningful and satisfying desires.

the big leap gay hendricks: Pivot Jenny Blake, 2016-09-06 “Looking to make a career change? *Pivot* is a book you will turn to again and again.” —Daniel H. Pink, author of *To Sell Is Human* and *Drive* If you've got the perfect job or business, congratulations. But if you are even a little bit uncertain that your current gig is the right one, it is time to start thinking about your next move. In the new world of work, it's the only move that matters. What's next? is a question we all have to ask and answer more frequently in an economy where the average job tenure is only four years, roles change constantly even within that time, and smart, motivated people find themselves hitting professional plateaus. But how do you evaluate options and move forward without getting stuck? Jenny Blake's solution: it's about small steps, not big leaps—and the answer is already right under your feet. This book will teach you how to pivot from a base of your existing strengths. Pivoting is a crucial strategy for Silicon Valley tech companies and startups. Jenny Blake—a former training and career development specialist at Google who now runs her own company as a career and business consultant and speaker—shows how pivoting can also be a successful strategy for individuals looking to make changes in their work lives, whether within their role, organization or business, or setting their sights on bigger shifts. When you pivot, you double down on your existing strengths and interests to move in a new, related direction, instead of looking so far outside of yourself for answers that you skip over your hard-won expertise and experience. It empowers you to navigate changes with flexibility and strength—now and throughout your entire career. Much like the lean business principles that took Silicon Valley by storm, pivoting is the crucial skill you need to stay agile, whether or not you are actively looking for a new position. No matter your age, industry, or bank account balance, Jenny's advice will help you move forward strategically. Her Pivot Method will

teach you how to: · Double down on existing strengths, interests, and experiences. Identify what is working best and where you want to end up, then start to bridge the gap between the two. · Scan for opportunities and identify new skills without falling prey to analysis paralysis or compare and despair. Explore options by leveraging the network and experience you already have. · Run small experiments to determine next steps. Do side projects to test ideas for your next move, taking the pressure off so you don't need to have the entire answer up front. · Take smart risks to launch with confidence in a new direction. Set benchmarks to decide when the time is right to go all-in on your new direction. Pivot also includes valuable insight for leaders who want to have more frequent career conversations with their teams to help talented people pivot within their roles and the broader organization. No matter your current position, one thing is clear: your career success and satisfaction depends on your ability to determine your next best move. If change is the only constant, let's get better at it.

the big leap gay hendricks: The Lightworkers Healing Method Lynn McGonagill, 2012-10-16
“Filled with insight, wisdom and 21st Century techniques . . . [this manual] is a big leap into a new dimension of healing . . . brilliantly simple.” —Gay Hendricks, Ph.D., New York Times-bestselling author of *The Big Leap* and *Conscious Loving* Do you ever ask: Is this all there is? Do you want more health, joy, peace, love, or abundance in your life? Do you wish you could help loved ones through their challenges in a meaningful way? Do you want that kind of help for yourself? Are you moved to do something else, but don't know what it is? Do you wish you had “the gift” that would let you hear messages from the Angels and Guides, connect with past lives, or see the future? Welcome to the Lightworkers Healing Method. LHM is both a spiritual growth vehicle and a healing system with an exceptional goal: to align us with our soul's life purpose. It improves the present by working with both past and future lives as well as higher-dimension Guides, Angels, and Lightbeings in a unique and powerful process. LHM applies to any arena of life: physical, mental, emotional, spiritual, financial, or interpersonal. In this method of healing, we learn to become conduits for Divine energy to help ourselves and others succeed. *The Lightworkers Healing Method: BE Who Your Soul Wants You To Be* is a how-to manual for this system of energy healing. Channeling Divine healing is not a gift; it is a teachable, learnable skill. Now it can be your skill. Be who your soul came here to be; live the life you came here to live. Help others do the same. As we each do our part, the world transforms. Come join us in the transformation.

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how can you follow your dreams if you don't dream in the first place? It is a book which explores the concepts and really brings them to life through sharing the experiences of 17 diverse people from around the globe who dared to dream. Each author shares their own experiences - the highs, the lows, the obstacles, and the eventual triumphs, in a way which seeks both to inspire us as to what is possible, and to motivate us to keep going and to achieve it. By reading them all, the book becomes greater than the sum of its parts, as the various experiences and lessons resonate across chapters, reinforcing in surprising ways, and build within the reader the desire, the will, the commitment to Dare To Dream. Dare to Dream offers a collection of beautiful stories and powerful perspectives from a variety of authors. It shows us how the human spirit can shine through a myriad of challenges and how we each can develop the courage to live our dreams. - Marci Shimoff- #1 NY Times bestselling author of Happy for No Reason, and Chicken Soup for the Woman's Soul. Dare To Dream is the eagerly anticipated fourth book in the internationally bestselling Winning in Life and Work series (which includes Volume 1 [2013], New Beginnings [2015], and Success Secrets [2017]) Like its predecessors, this book is concerned with helping you to win in life and work. It follows the same well-proven premise - experts sharing their experience, skills, and knowledge in specific areas to help you to become even better at winning in life and work. As with previous books, the chapters follow a specific theme - in this case, that of daring to dream, to believe in our dreams, and to follow our dreams wherever they may take us. It is not necessary to have read the previous volumes in order to get the most from this one, although after reading this book you might become inspired to seek out the guidance and suggestions offered within the first three. For this book, creator Keith Blakemore-Noble brings together 17 international experts to share their messages, learnings, experiences, and insights into the power of dreams, all of whom seek to inspire us all to Dare o Dream. Contributors - Keith Blakemore-Noble, Laura Di Franco, Lynn Dehnke, Jennifer Whitacre, Paula Kalik, Shelia Heard, Veronica B. Light, Manuela Rohr, Karen Fulkerson, Margie O'Kane, Amy Boyer, Nadia Gualtieri, Jason Withers, Gila Nehemia, Stephen Bryant, Nick Mancini, and Lori Zeltwanger. Chapters include - 1 - It's Never Too Late 2 - Transformation is a warrior's path 3 - Adversity: Make It Count 4 - The Subtleties of Self-Sabotage 5 - The Elephant In The Room 6 - Life Happens 7 - At The Centre Of Your Being 8 - Broken Dream 9 - I Pressed On: Destigmatizing Depression 10 - No Time For Regret 11 - Taking Responsibility for our Inner Pain 12 - The Power Of Beliefs 13 - Pocket More, Stress Less - Simple Pathways to Profit 14 - Forgiveness Leads to Peace 15 - First Steps Into The Unknown 16 - The Solo Search For Sanity 17 - Pain Pain Go Away - Don't Come Back Another Day! Dare to Dream is not only a good book, it's a way of life. There are some great examples in these stories of how to live outside the box that so many people are stuck in. If you want more from life, you should read this book. - David Alan Arnold - Helicopter Cameraman of The Deadliest Catch and Author of Help From Above

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