



Letting Go of What's Holding You Back: Maximize Your Happiness in Work, Love, and Life

Ph.D. Wayne M. Soile, MA Mary O. Soile

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Learn how to celebrate what's good in your work, your relationships, your family, and yourself!

On a scale of 1 to 10, how happy are you? Wayne and Mary Sotile have addressed that simple question to thousands of people in their work as clinical psychologists and motivational speakers. And they've found that most people—regardless of race, culture, or class—rate themselves a 7, “mildly happy.” What's wrong with being average? Well, every 7 longs to be a 10.

In their new book, the Sotiles show us how to make that transition—how to join the ranks of those who truly thrive. All it takes is letting go of what's holding you back. Whether you sabotage yourself through negative emotions, a lack of self-knowledge, or bad habits like laziness or procrastination, this life-changing book will inspire you to push yourself beyond your normal limits and become passionately engaged with your work, your relationships, your family, your health—whatever is most important to you.

Filled with the same series of illuminating self-assessments and exercises that the Sotiles present at their seminars for corporate executives, *Letting Go of What's Holding You Back* takes readers step by step from self-discovery through self-fulfillment. Everyone—everyone—has the ability to lead a happy, engaged life. So what are you waiting for?

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