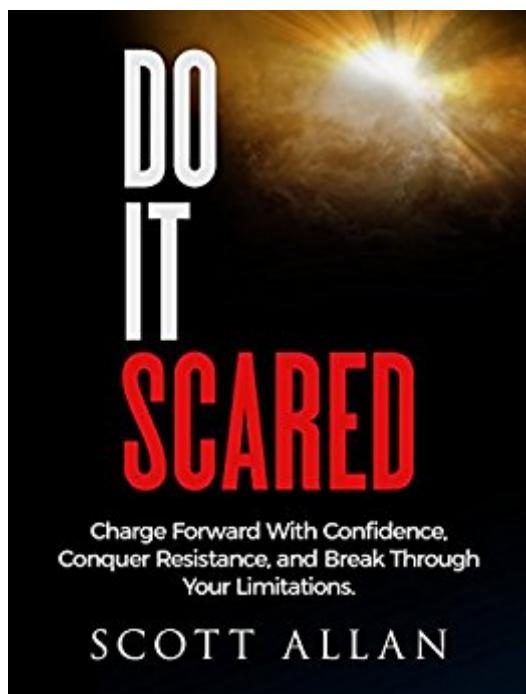


The book was found

Do It Scared: Charge Forward With Confidence, Conquer Resistance, And Break Through Your Limitations.



Synopsis

Feeling paralyzed from taking action because you're afraid of a negative outcome? Bad habits holding you back from trying? Afraid to take that first leap towards your dreams? We all get stuck sometimes. It's easy to fall into a rut when fear takes over and you feel trapped by mental paralysis. The fear of failure keeps you from pursuing your true passion. Don't be held back by your self-doubt ever again. Here's the fact: You can do anything you desire by taking consistent action even when you're scared. You can take action...act confidently...convert your bad habits into productive action. If you're sick and tired of feeling this way, you are not alone. I meet people everyday who are tired of their fear, tired of working for the wrong reasons, and tired of the life they are living but never wanted. It is time to change all of this. Download: Do It Scared à "Charge Forward With Confidence, Conquer Resistance, and Break Through Your Limitations. Subconsciously we feed into our limiting self-doubts with compulsive addictions, negative beliefs, and worn-out thoughts that lead to failure. Written by bestselling author Scott Allan, Do It Scared will show you how to: Recognize the distractors keeping you stuck Control your internal conversation and talk back to your negative voice Make intentional decisions and take control of your life Let go of your excuses stopping you from taking action Turn negative thoughts into positive choices By reading Do It Scared today you will be able to: Create an action plan for getting critical tasks done Forge amazing relationships with the right people Take risks and overcome your limiting beliefs Turn a lifetime of regret into instant gratitude Put an end to your limiting beliefs and create a limitless mindset And a whole lot more! The fear of taking action leads to inaction. The fear of looking stupid triggers avoidance mechanisms. If we fail to take action to achieve the things we desire most, we miss out on greater opportunities down the road. You might be scared to try something now, but how will you feel if somebody else beats you to it and they succeed where you could have? Don't stay scared...put an end to the self-doubt holding you back and create a thriving and fearless lifestyle. Get started today on Doing It Scared and take control of your fear. Scroll up to the top of the page and hit the BUY NOW button.

Book Information

File Size: 998 KB

Print Length: 185 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 14, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01NATOTF1

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #9,123 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Philosophy & Social Aspects #4 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Cognitive Neuroscience & Cognitive Neuropsychology #9 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Emotions

Customer Reviews

This is really amazing book! There are things that we experience every day that we may or may not be aware of. Or challenges we're facing and we don't know what's causing them or how to tackle them. Well, this book covers it very well. Author explains in a very easy to understand and systematic way, what are the fears that hold us back to pursue our passion or get what we desire and how to overcome them. After every chapter there are also "Key takeaways". I recommend this book to every person that would like to live the life he/she wants.

This book is great for anyone who has a dream and feels held back by fear and doubt. It's full of excellent information that is simple to implement and is easy to read. Right from the get-go I felt like Scott Allan was inside my head. He described my own avoidance tactics for not getting stuff done. He understood my frustration with procrastination. And even though he empathised, he wouldn't let me get away with them. my excuses don't cut it! He has an answer. I was surprised that while I was reading, I paused to set up some meetings that I'd been postponing because he insisted that I'd feel better if I stopped worrying about it and simply took action. He was right. Once I got off the couch and did some things that I'd been avoiding, I stopped being fearful of the outcome. I think Scott Allan is the voice of experience and sound advice. He challenges your limiting beliefs, and gently encourages you to grow. Do It Scared

is well-written, insightful and encouraging. I feel like Scott Allan has been through many of his own challenges to master the topic of fear. His experiences give him the authority to address the real issues behind fear. As he says, "Buying in to short-term pleasure is investing in long-term pain. This is the core of our fear." You must get a copy of this book if you want to move forward from the stronghold of your fears. Five stars.

As an author myself, I deal with resistance on a constant basis. I also write about the topic in my blog posts and books, which gives me a unique perspective into Scott's work. Our job as authors is to use our unique voice to cover topics that may have already been explored. Dealing with fear is a ubiquitous problem, which means it needs as many different voices as possible to combat it. Scott uses a unique blend of personal story and highly actionable content to get you to take action towards your dreams. Read the books, follow the steps, and you'll take the action you've been procrastinating on for years.

Author and life coach Scott Allan lives in Japan where he works as an English language educator. He also writes books that focus on changing old routines, behaviors and overcoming all levels of self-defeating behavior, and building self-discipline. To date he has written five books "REJECTION FREE", "REJECTION RESET", "EMPOWER YOUR THOUGHTS", "EMPOWER YOUR FEAR", "PATHWAYS TO MASTERY", "EMPOWER YOUR LIFE", and now "DO IT SCARED". "We all have reasons for staying scared, but this doesn't mean we have to like it. In this book, I will share strategies and case studies I have used to get over my fear of taking action." He believes successful living is a series of small actions taken consistently every day to change the way things are for the rest of our lives. Scott's coaching begins with an introduction that challenges us to examine our manner of coping with fear: "That is why you're here. To figure out what it is you want and how to get it. And to get it, you have to do something about your situation, life, and lifestyle. It is common for people to reach a stage in life when they look around and say, 'Wait. I don't want any of this? What am I doing this for? Trust me. You are not alone. If you are questioning the life you have been handed, this is a good thing. It is the first step to changing it. Many people don't take that first step. They don't stop long enough to question why. Consider this question: How much confidence would you need to do the one thing you've always wanted to do? In other words, how much courage would you need to live your dream and do the things that scare you and are keeping you trapped? The truth is that you don't need bravery or courage. This is the illusion of

confidence. For years, I believed that before I could do anything I had to be completely skilled at it so I could perform without failing. There are a lot of things we should prepare for, but perfection and being good enough before we start holds us back from doing it in the first place. This belief that before we try it, we have to be totally perfect, full of confidence, and bursting with courage is one of the biggest lies that keeps us from doing anything, scared or not. When we are not feeling any of these things, and when we lack confidence to take action, what do we do? Something else. But the secret is so obvious that I'm sure you know it already. It isn't confidence that comes first, but taking action. Confidence follows action. You do it first and then the confidence comes. We act first and then experience courage later.' As with all of Scott's superb books the only sure way to benefit from his advice is to read and re-read his words. For brevity's the subjects he addresses are Aim High for Your Vision of Impossibility, The Ostrich Effect and Embracing Reality, Taking the First Leap From Ground Zero, Partnering With the Right People, At the Risk of Looking Stupid, Disguising Fear with Distraction, Putting Your Self-Doubt on the Ropes, Breaking Bad Habits That Keep You Scared, Failing at What You Love To Do Best, Practice Limitless Thinking, Rejecting the Life You Don't Want, What Would My Life Be Like If?, Tackling Your Most Difficult Tasks First, and Building Confidence With the Brick-by-Brick Strategy all followed by Weighing the Risks of Staying Scared. At the end of this richly textured book Scott states, "Confronting your fears takes courage. Taking action when every emotion is telling you not to takes bravery and super confidence. People who persevere, stick to their plans, and take small steps to reach their goals, are winners. Anyone or anything that tries to hold you back will fail." Sage advice from a fine coach and caring teacher. We come away feeling that conquering our fears is not only possible: it is mandatory for dealing with the new challenges ahead. Highly recommended. Grady Harp, January 17

This book is exactly what I needed to start 2017. The author does a great job of laying out a path to getting past your fears and moving forward. Easy to read and engaging throughout, the author lays out a framework for success even if you are scared. I am venturing away from my past career of 15 years into an online field and his words of encouragement and practical advice are going to help me take those first big steps toward my new career. More than just theory, the author gives specific action items that can help you move forward. A really powerful book in my opinion because it is helping me to take action for myself. Well worth the price, I am happy I got this one.

Scott Allan does it again. Our deepest desires lie on the other side of our deepest fears. If you are

someone wanting to eliminate fear as your biggest limit then this book is right up your alley. Scott takes you through getting your mind and actions moving forward in spite of fear. Not too fast, but not too slow. This book is full of practical and step by step procedure for making fear your friend. If you have been holding yourself back for a while due to fear of failure or the unknown, then do yourself a favor and buy this book!

[Download to continue reading...](#)

Do It Scared: Charge Forward With Confidence, Conquer Resistance, and Break Through Your Limitations. Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Power Forward: Break Away 2 (Break Away series) Conquer Your Year: The Ultimate Planner to Get More Done, Grow Your Business, and Achieve Your Dreams (The Conquer Series) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking [ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] Born to Conquer and Other Short Stories: Born to Conquer, Clouds on the Circle P, An Evening's Entertainment, Ride the River, The Stranger The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development, Personal Success Book 1) Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior The Fast Forward MBA in Project Management (Fast Forward MBA Series) Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence Foundation (Enhanced Edition): Redefine Your Core, Conquer Back Pain, and Move with Confidence Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÂ© Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back Shyness: How To Overcome Shyness and Social

Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Is Your Horse 100%?: Resolve Painful Limitations in the Equine Body with Conformation Balancing and Fascia Fitness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)