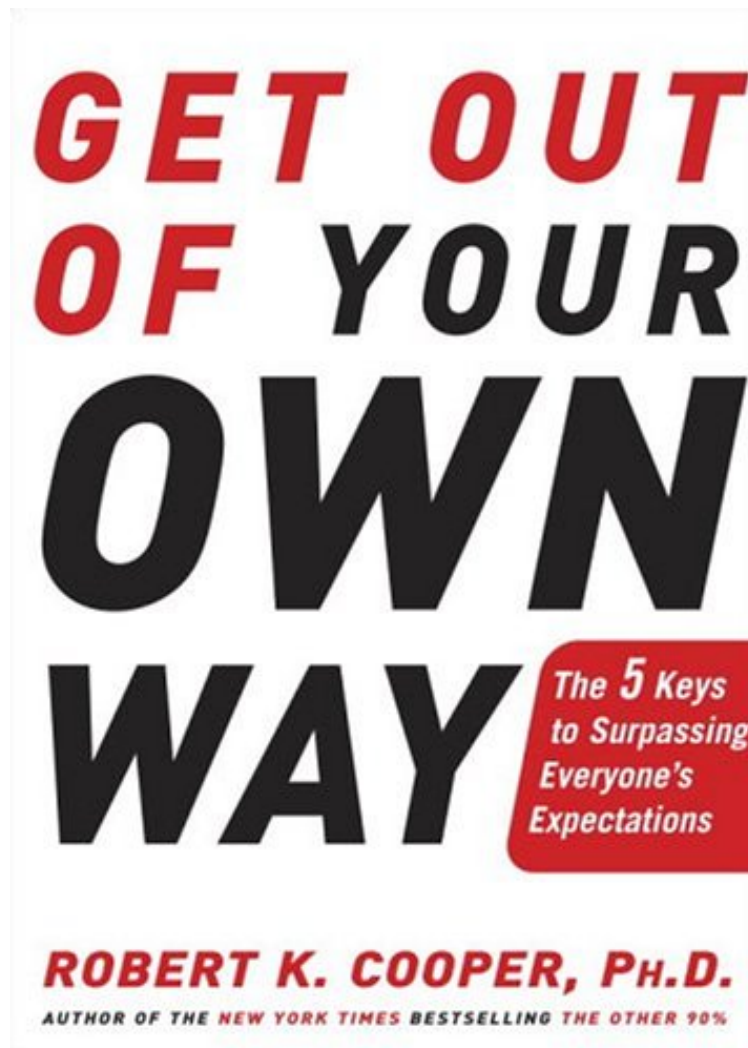


Get Out of Your Own Way: The 5 Keys to Surpassing Everyone's Expectations

Robert K. Cooper

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Robert K. Cooper : Get Out of Your Own Way: The 5 Keys to Surpassing Everyone's Expectations before purchasing it in order to gauge whether or not it would be worth my time, and all praised Get Out of Your Own Way: The 5 Keys to Surpassing Everyone's Expectations:

2 of 2 people found the following review helpful. Welcome your brain to the 21st century By Brian Johnson "...while you are a person of the twenty-first century, and what you want reflects your experiences in today's world, your brain is pretty much the same model your ancestors were using a thousand years ago, and it still wants a lot of what it wanted back then, which isn't necessarily good for you or congruent with what you want for yourself." ~ Robert Cooper from "Get Out of Your Own Way" That's the primary theme of this great book--although we're no longer faced

with the same types of routine threats on our survival, we're living with a brain that helped us survive thousands, tens of and hundreds of thousands of years ago. And, guess what? That kind of brain can get in our way. Because, as Cooper says, "In adverse circumstances, your brain usually inherently wants you to retreat, lower your expectations, accept less from yourself and your life." Not so good if you're committed to living your greatest life possible. The solution? We need to learn more about how our minds work (in positive and negative situations) and then learn how to "get out of our own way"!!! How? That's what the book is all about! As Cooper advises, "you can start switching off the counterproductive parts and start making use of the other parts of your brain that are just waiting to align your best energy and brainpower with your goals, hopes, wishes, dreams and aspirations." Cooper is one of my favorite authors. This book and his other gem, "The Other 90%" are both fantastic. My strong recommendation: add `em to your collection. Today, 3 of 3 people found the following review helpful. Great Information... Tough Read By Sean I read The Other 90% by Dr. Cooper and found it a much easier read. I also think it provides a good background for this book. This book has some good ideas and great examples but I find myself easily bogged down in the language and references to other works, journals, etc. Plus if you've read PsychoCybernetics, you'll see many similarities... just more up to date research and case studies. In short, I still recommend the book but don't expect it to be a single sitting read. 0 of 0 people found the following review helpful. Life changer By Katherine As a result of reading this book, I saw how I was letting fears hold me back. I made some pretty radical changes to my life as a result.

A Powerful Road Map for Surpassing Everyones' Expectations Break through your self-imposed limitations by learning how your own brain can be your biggest obstacle or your greatest ally. You'd expect your brain to be an always-reliable ally in your quest for a successful, satisfying life, but surprisingly the opposite is usually true. That's because your brain is pretty much the same model your ancestors were using thousands of years ago when mere survival was everyones' primary goal. It tells you now what it told them then: Play it safe. Avoid risk. Evade confrontation. Don't venture outside the territory you already know. And never break the habits that have gotten you this far. Coming at just the right time to help you deal with the growing demands of our pressure-packed, fast-changing world, Robert Cooper's Get Out of Your Own Way helps you understand what's going on in that head of yours. Once you know what really drives you, you can switch off the counterproductive parts of your brain, engage the helpful parts, and set out on the path to accomplishing what everyone else thinks you can't. Based on more than two decades of worldwide research, Get Out of Your Own Way shows you the five keys for making the choices that let you engage and triumph over the realities of today's world: Direction, not motion; Focus, not time; Capacity, not conformity; Energy, not effort; Impact, not intentions. Filled with wonderful stories about everything from the note written by one of the author's ancestors upon leaving Dublin for America in 1829 ("On the horizon is where hope lives . . . I am going there") to the unlikely exploits of the world record-setting Jamaican bobsled team, this groundbreaking book confirms that the next frontier is not only ahead of you, it's inside of you . . . and what everyone else thinks is impossible isn't. Also available as an eBook From the Hardcover edition.

"A truly inspiring book on winning in a changing world. Filled with fresh insights, bold strategies, and practical tools, this is vital reading for leaders and teams." —Stephen R. Covey, author of The 7 Habits of Highly Effective People and The 8th Habit: From Effectiveness to Greatness "Get Out of Your Own Way is truly an inspiration! Combining the latest scientific research with inspiring real-life examples, Robert Cooper shows how you can use five simple tools to recalibrate your brain and become your best self." —Ken Blanchard, coauthor, The One Minute Manager "Get Out of Your Own Way is a book based on Robert Cooper's strong trust in the further reaches of our human potential. It is a powerful program for anyone aspiring to peak performance in leadership and life." —Charles Garfield, Ph.D., clinical professor of psychology, University of California Medical School at San Francisco, and bestselling author of Peak Performers and Second to None "Get Out of Your Own Way is filled with wisdom, practical tools, and fresh ideas." —Dr. Jim Loehr, CEO, LGE Performance Sciences, and the New York Times bestselling coauthor of The Power of Full Engagement "An extraordinary, much-needed book! Dr. Cooper provides a pathway for better understanding ourselves and how we can achieve the seemingly impossible. He pinpoints five invaluable keys that are elegantly simple and easy to apply." —Paula Van Ness, former CEO, Make-A-Wish Foundation; CEO, Starlight Starbright Children's Foundation From the Hardcover edition. About the Author Robert K. Cooper, Ph.D., is an independent scholar and leadership adviser whose emphasis on neuroscience enables him to provide unique perspectives to the many people and companies he works with. He is the author of the New York Times bestseller The Other 90% and has advised executives and rising-star leaders in organizations that include 3M, Barclays Bank, BSB Design, Intel, Starlight Starbright Children's Foundation, Navigant Consulting, Northwestern Mutual, and Verizon. His website is RobertKCooper.com.