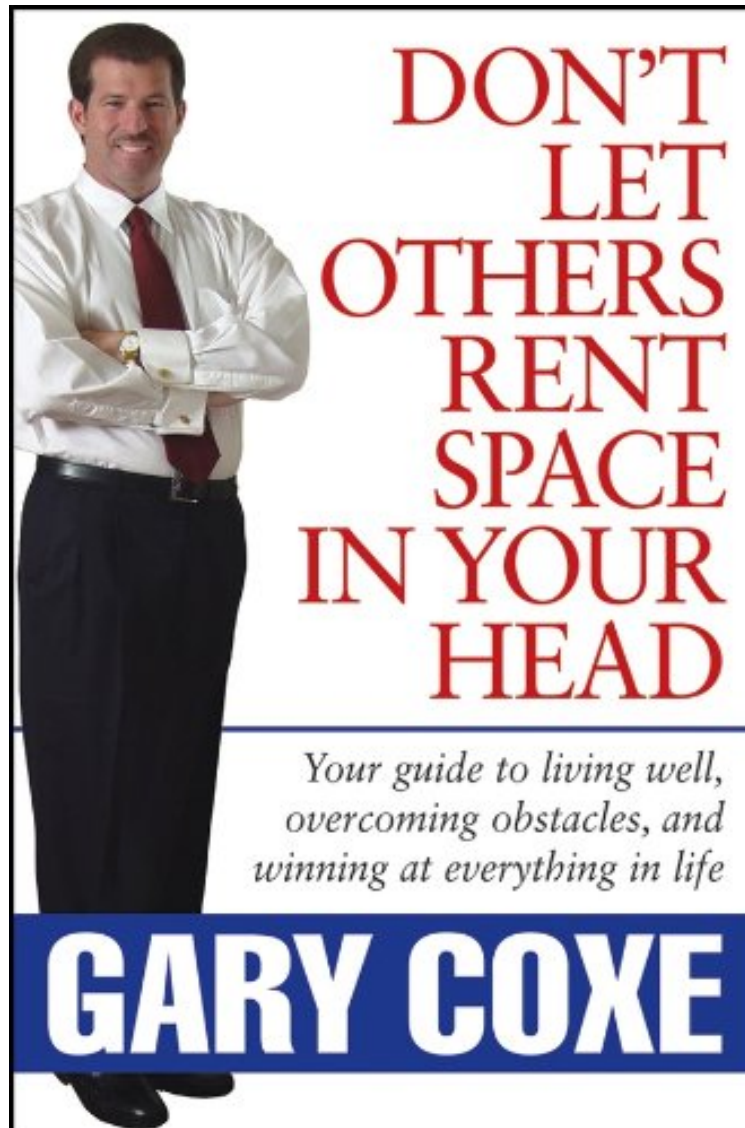


(Download) Don't Let Others Rent Space in Your Head: Your Guide to Living Well, Overcoming Obstacles, and Winning at Everything in Life

## Don't Let Others Rent Space in Your Head: Your Guide to Living Well, Overcoming Obstacles, and Winning at Everything in Life

Gary Coxe

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**Gary Coxe : Don't Let Others Rent Space in Your Head: Your Guide to Living Well, Overcoming Obstacles, and Winning at Everything in Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Let Others Rent Space in Your Head: Your Guide to Living Well, Overcoming Obstacles, and Winning at Everything in Life:

0 of 0 people found the following review helpful. Finally, a Self-Help Book for the Rest of UsBy DanI have followed

Gary Coxe's blog for a while, so I knew I would be disappointed by this book, and true to form, he delivered. After reading so many positive-thinking books and wondering why they didn't trigger significant change, it was refreshing to read Gary's practical approach to changing one's thinking and embracing the negative thoughts we all experience in a way that we can put them to work for us. Nothing against psychology books, but so many of them are just various theses based upon this study or that study. Gary Coxe offers real world experience from someone who had it all, lost it all, and rebuilt it all in situations where many would have simply given up. Those who find his personal story to be tedious are missing the point that any obstacle can be overcome if our thinking is in the right place. I especially like the analogy he offers to "be prepared to abort or lose an engine". Aim for the best, but prepare for the worst, and have a plan in place for when things go wrong. Simple positive-thinking books teach you to bury negativity. This one teaches how to prepare for negativity and develop a strategy to tackle it head-on. I would recommend this book to anyone who is a student of cognitive thinking and is looking for a more practical approach to success. 5 of 5 people found the following review helpful. I Rented Some Space to Coxe! By Gary V Carter Einstein once said, "Things should be made as simple as possible. But not simpler." Gary Coxe nails it! I have read so much stuff over the years that left me feeling frustrated because it was full of half truths from those who clearly didn't graduate from the school of hard knocks. Simply put, Gary just didn't attend that school, he graduated and it shows. He has truly worked out some things with honesty, compassion and directness. This might not be the first book to give to someone in a pit but I think it should be in the first few you recommend. Gary V Carter Author, Life on the Zipline Life on the Zipline: from Fear to Awe 0 of 0 people found the following review helpful. Well worth the read. By DesWorth Reading for a different perspective on moving forward.

Praise for Don't Let Others Rent Space in Your Head "Gary offers rich advice for anyone who wishes to succeed in spite of his or her failures. Four simple steps may be all that stand in the way of your dreams becoming a reality. Here's to the good life! Cheers!" --Robin Leech, TV host "Gary has developed an uncanny ability to take people to the next level. A must-read for everyone, whether you want to improve your life, your sales, or your business. Gary definitely has it figured out. Well done!" --Harvey MacKay, New York Times bestselling author of Swim with the Sharks Without Being Eaten Alive "Gary's thought process is one to admire and to achieve. Handling big business means changing your mindset, and Gary leads the way. An enjoyable book with great concepts for everyone in business and in personal life. A book you'll want to read twice." --Gordon "Butch" Stewart, owner of Sandals Resorts "A powerful and practical approach from someone who truly knows what he's talking about. You will be unstoppable after reading Gary's no-nonsense ideas on never giving up and becoming more successful." --Ron Rice, founder, President, and CEO of Hawaiian Tropics "Gary's book will take you beyond positive thinking and change your life for the better." --Ron Garl, President of Ron Garl Golf Design

From Publishers Weekly In this argumentative, sometimes counterintuitive self-help book, first-time author Coxe declares that "positive thinking is a lie and it doesn't work!" It doesn't create lasting results; it is very difficult if you're emotionally spent; and when it fails, you just feel worse. Instead of avoiding negative thoughts and emotions, he says, you should acknowledge and manipulate them to attain success. The key to using negative feelings constructively is learning "to play games with our minds instead of our minds playing games with us." Coxe, who rails against other "pop-psychologists" and attributes his own expertise to life experience, offers a few basic tools, such as scenario planning, emotion control techniques and the book's centerpiece, "The 4-Step Process," a series of reframing exercises that identify readers' "empowering beliefs and thoughts" and their "limiting" ones. (Explaining why his 4-Step Process includes a step on positive thinking, Coxe does some reframing of his own, arguing that "it's not so much positive thinking itself that's the hoax, it's the way it is presented.") Coxe declares that his process can cure people of longtime phobias "in less than an hour." Readers intrigued by his multiple appearances on television's Maury Povich Show may want to pick up this book. (Dec.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. In this argumentative, sometimes counterintuitive self-help book, first-time author Coxe declares that "positive thinking is a lie and it doesn't work!" It doesn't create lasting results; it is very difficult if you're emotionally spent; and when it fails, you just feel worse. Instead of avoiding negative thoughts and emotions, he says, you should acknowledge and manipulate them to attain success. The key to using negative feelings constructively is learning "to play games with our minds instead of our minds playing games with us." Coxe, who rails against other "pop-psychologists" and attributes his own expertise to life experience, offers a few basic tools, such as scenario planning, emotion control techniques and the book's centerpiece, "The 4-Step Process," a series of reframing exercises that identify readers' "empowering beliefs and thoughts" and their "limiting" ones. (Explaining why his 4-Step Process includes a step on positive thinking, Coxe does some reframing of his own, arguing that "it's not so much positive thinking itself that's the hoax, it's the way it is presented.") Coxe declares that his process can cure people of longtime phobias "in less than an hour." Readers intrigued by his multiple appearances on television's Maury Povich Show may want to pick up this book. (Dec.) (Publishers Weekly, October 10, 2005) From the Inside Flap Life is a series of challenges and roadblocks that you must overcome to achieve your dreams. It's a hard road, but you can't let temporary

setbacks and failures get you down; which is easier said than done. But this book gives you the tools you need to get over the rough spots and keep progressing toward your goals. This one-of-a-kind guide offers much more than the simplistic motivational material out there; it includes real tools and real solutions for real people who are ready to improve their lives. It's not just about overcoming depression or trying times, and it's not just about becoming rich and successful; though it will help you accomplish all of those things. What makes this book special is its combination of a message that inspires your soul and a set of tools that will help you achieve success; no matter how you define it. This is an actionable guide to self-improvement that will help you overcome whatever is holding you back, feel better about yourself, and move forward toward the goals you want to reach. The first step is written right on the cover: Don't Let Others Rent Space in Your Head. That means you have to stop letting other people and other things fill you with negativity. If you burden your mind with your own doubt or the naysaying of others, you can't focus on what you really want to accomplish; and you won't accomplish it at all. Gary Coxe knows what he's talking about. An internationally renowned expert in personal growth, Gary's own story of overcoming life's challenges has inspired thousands of others; and it also inspired him to find out what makes high-achievers so successful. His research showed one thing that most successful people have in common: they don't listen to the negativity of others; they don't let others rent space in their head! It sounds easy, but it's not. That's because this book isn't just about motivating yourself; it's about the real things you can do every day to make progress toward your goals. You just have to do them. With Coxe's four-step process; backed by proven strategies, powerful examples, real-world stories, and helpful tips; you'll find out who you are, what you want, and what you can do to get it. Life is hard. Achievement is difficult. Words are not enough. But with the right motivation, the right tools and strategies, the right goals, and the right amount of effort, you'll get wherever you want to go; and this book will take you there.