



I Could Do Anything, If I Only Knew What It Was

By Barbara Sher

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I Could Do Anything, If I Only Knew What It Was By Barbara Sher

Isn't It Time You Followed Your Real Dreams?

This extraordinary book is designed to help you achieve them. In it, Barbara Sher goes beyond the groundbreaking principles introduced in her phenomenal number one best seller, *Wishcraft*. Here she adds an important new element to the practical advice, success secrets, and motivational techniques that have transformed so many lives... because thousands of people have told her that they can't get what they want *because they just don't know what they want*.

Do those words sound familiar? If so, you have a common problem, and there is a solution. And Barbara Sher has a surprise for you. You *Do* know what you want. Your life is filled with clues. Everything you do, or don't do, has a good reason behind it. With profound wisdom and reassurance, she helps you peel away the layers, reveal your true hopes and aspirations, and discover exactly what has been holding you back. Because whatever it is *Can Be Removed*.

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Editorial Review

Amazon.com Review

"A life without direction is a life without passion," says motivational specialist, therapist, and career counselor Barbara Sher. In *I Could Do Anything If I Only Knew What It Was*, a sort of broader, less dense, and less intimidating version of *What Color Is Your Parachute?*, she reveals how to "recapture long lost goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams."

This is a perfect book for new college graduates or anyone sick and tired of languishing in a dead-end job or relationship--yet reluctant to make drastic life changes due to uncertainty about what would actually inspire them. *I Could Do Anything* combines the I'm-not-buying your-excuses inspiration of Dr. Laura Schlessinger with the soothing, analytic encouragement of Dr. Martin Seligman in his classic *Learned Optimism*. In other words, Sher will pick you up off your butt and get you moving. She's included enough self-analytical exercises in here to save you hundreds of dollars in therapy.

Whether you're looking to make improvements in your job or personal life, Sher will teach you how to determine what your goals are, and how to successfully reach them--even if right now the only thing you know is that you're vaguely to very unhappy and haven't the foggiest idea what to do with yourself.

From Publishers Weekly

Therapist Sher's guide to discovering and attaining personal and career goals was a PW bestseller for five weeks.

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From Library Journal

Although Sher's *Wishcraft: How To Get What You Really Want* was "more silliness of the self-help genre" (LJ 11/1/79), it boasts more than 500,000 copies in print. Here, the author addresses self-helpers less sure of their goals.

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Users Review

From reader reviews:

Keith Devine:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to learn everything in the world. Each book has different aim as well as goal; it means that guide has different type. Some people really feel enjoy to spend their a chance to read a book. They are really reading whatever they have because their hobby is reading a book. What about the person who don't like examining a book? Sometime, man feel need book when they found difficult problem or exercise. Well, probably you should have this *I Could Do Anything, If I Only Knew What It Was*.

Susan Martinez:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with

their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled I Could Do Anything, If I Only Knew What It Was can be very good book to read. May be it may be best activity to you.

Edgar Workman:

The book untitled I Could Do Anything, If I Only Knew What It Was contain a lot of information on the idea. The writer explains her idea with easy way. The language is very simple to implement all the people, so do not worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new period of time of literary works. You can actually read this book because you can continue reading your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice learn.

Mary Bessler:

What is your hobby? Have you heard that question when you got students? We believe that that issue was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And you know that little person such as reading or as reading become their hobby. You need to know that reading is very important in addition to book as to be the point. Book is important thing to provide you knowledge, except your current teacher or lecturer. You see good news or update concerning something by book. Numerous books that can you decide to try be your object. One of them is actually I Could Do Anything, If I Only Knew What It Was.

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