



Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness

Derek Doepker

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Tired Of Bullsh*t Holding You Back From The Greatness You Deserve?

Whether it's BullSh*t excuses, limiting Belief Systems, or the hidden Blind Spots created by a biased brain keeping you stuck in mediocrity, this barrier of BS is the reason the current reality of your life pales in comparison to the potential possibility of the greatness you were made for. Something inside of you knows this... and this is why you're here, reading these words, ready to say "Now I make the choice to break through everything that's keeping me from my greatness."

This Is A Game – Are You Willing To Play?

"Break Through Your BS" isn't your typical self help book... It's a **game**. A **challenge**. An **experience** to be had. A journey through the tricks your mind plays on you so you won't continuously be deceived by them wondering, "How can I do everything right, and yet everything is wrong?" Part poetry, part smart-ass humor, and a heavy dose practical empowerment, this book will likely leave you with more questions than answers, and yet you'll find this is exactly what you've been needing all along.

What's In Store For You

If you're looking for clarity and want to make sense out of what the hell is happening right now in your life, you'll get a playful poke in the side, a compassionate kick in the ass, and sometimes a sobering slap across the face to "Wake up!" and see your own BS. Throughout all of this, you'll come away with not only more compassion and understanding for yourself, but more compassion and understanding for others. In turn, you might finally be able to help other people that frustrate the hell out of you break through **their** BS as well. #winning

If You're Brave Enough To Explore Your BS...

Then you're invited to take the journey into your mind to go beyond your mind. You will discover how to turn what could be your greatest enemy, a bullsh*tting brain with its false assumptions and limiting labels, into your greatest ally. This is a book where you must choose your own journey... You will not always be told what to do... You will be implored to explore your own thinking – and choose for yourself. You will be given many insights from psychology, philosophy, and spirituality – and walk away with no one size fits all answer, and yet still walk away with the only answer that matters.

You'll Never Be Free From BS, But...

You will be able to work with your BS rather than be overcome by it. Some of the insights you'll find in this book include... • **How going after what you want is the very thing that keeps you from getting it.** • The most common mental traps smart people fall for – and why your intelligence can be your greatest enemy. • **Why every excuse you have may be 100% factually true, yet still be complete and utter total freaking bullsh*t.** • The tricks people use to manipulate you, and how your own brain is using these tricks to sabotage yourself without you even realizing it. • **Why your attempt to love and sacrifice for others may be what's keeping you from experiencing true love.** • A simple mental switch you can flip that turns fear into your friend allowing fear to propel you towards your goals rather than push you away from them. • **The "myth of independence" and how your desire for self-sufficiency is keeping you from true empowerment.** • One mental distinction unlike anything you've ever heard that automatically moves you into a growth and progress mindset rather than a perfectionistic fixed mindset. • **Why you will never get rid of your BS, and why you should rejoice in that fact.** • And more...

So Now You Have A Choice...

Would you rather be bound by your BS, or use this book as but one tool to help you discover how to unleash your Greatness? The choice is yours... Choose wisely.

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From reader reviews:

Gracie Davis:

In this 21st century, people become competitive in each and every way. By being competitive today, people have to do something to make these people survive, being in the middle of typically the crowded place and notice by means of surrounding. One thing that often many people have underestimated the idea for a while is reading. That's why, by reading an e-book your ability to survive is boosted then having a chance to endure than other is high. For you who want to start reading the book, we give you that Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness book as a basic and daily reading book. Why, because this book is greater than just a book.

Jonathan Garcia:

As people who live in typically the modern era should be up-to-date about what is going on or information even knowledge to make all of them keep up with the era which can always change and advance. Some of you maybe may update themselves by reading books. It is a good choice for yourself but the problems coming to an individual is you don't know what kind you should start with. This Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness is our recommendation to make you keep up with the world. Why, since this book serves what you want and want in this era.

Anthony Brown:

The particular book Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness has a lot of info on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. McDougal made some research just before writing this book. This kind of book is very easy to read; you can obtain the point easily after reading this article book.

David Fern:

Some people said that they feel bored when they are reading a publication. They are directly felt the item when they get a half portion of the book. You can choose the actual book Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness to make your reading is interesting. Your own skill of reading talent is developing when you include reading. Try to choose a simple book to make you enjoy to learn it and mingle the impression about the book and reading especially. It is to be the first opinion for you to like to have a book and learn it. Besides that the e-book Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness can be your brand-new friend when you're experience alone and confused with what must you're doing of that time.

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