

What Stops You?

Overcome
Self-Sabotage
Personal and professional

*Learn to Control your Thinking and
Live the Life of your Dreams!*

Darlene Braden, CHT

Copyright © 2005 Darlene Braden, db & company.
All rights reserved.
ISBN # 1-4196-2767-8

To order additional copies, please contact:
www.whatstopsyoudo.com

Table of Contents

Introduction:

Acknowledgments	VII
Is This Book for You?	IX
My Intent	XII
Preface	XIV

Chapters:

1.	<i>Anna's Travels</i>	1
	Deciding to start the journey of understanding yourself.	
2.	<i>What's in Your Backpack?</i>	14
	Getting ready to change your life for the better.	
3.	<i>Anna's New Map</i>	25
	Do you know where you are now, so that you can choose where to go?	
4.	<i>A Fork in the Path</i>	47
	Identifying your internal conflicts so that you can change them.	

- 5. *Getting Stalled Along the Way* 53**
Finding hidden things inside you that keep you stuck in the same position in life.
- 6. *Following Emotional Clues* 61**
What is good about your negative emotions, such as fear, sadness, rejection, anger, etc.?
- 7. *Climbing the Pyramid of Thought* 68**
Understanding how your brain works so that you can control your thoughts.
- 8. *Steep Slopes, Calm Meadows* 76**
How are you affected by the things happening around you?
- 9. *Anna Puts One Foot in Front of the Other* 82**
Taking appropriate actions for success.
- 10. *Learning As You Go* 88**
Developing and practicing skills to become more proficient.
- 11. *I think I can, I think I can't* 96**
How to recognize the limiting thoughts in your mind.

12.	<i>Oh the Fables We Write</i>	120
	Learning how to change the thoughts and Beliefs, that limit you.	
13.	<i>Self-Esteem for the Summit</i>	147
	Finding out who you really are, deep down inside.	
14.	<i>The View from the Top</i>	164
	A new perspective on healing the inner child.	
15.	<i>Evaluating Your Performance</i>	216
	Where are you now? Are you where you want to be? Take action and live your dreams.	
	<i>Appendix: Additional Resources</i>	225