



# 17 Lies That Are Holding You Back and the Truth That Will Set You Free

*Steve Chandler*

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Steve Chandler may be the best-kept secret in the world of motivation. His first book, *100 Ways to Motivate Yourself*, has shipped over a hundred thousand copies. The audio edition listed for three consecutive weeks as the top-selling selection of the Audio Book Club. His second book, *Reinventing Yourself*, published in 1999, is showing even greater strength. His clients include US West, Motorola, and the IRS.

*17 Lies That Are Holding You Back & the Truth That Will Set You Free* lists over twenty lies that most of us tell ourselves to prevent us from being everything we could be, lies such as: "It's who you know", "That's just the way I am", "I'm not good with people", "I'm too old . . .", "The longer I have a habit the harder it is to break", "Winning the lottery would solve everything", "I don't have the time", and "There's nothing I can do." Actually, as Chandler points out, you already have all the power you need to free yourself. And part 2 of his book outlines these truths and shows you how to recover them and use them to change your life.

In *17 Lies That Are Holding You Back*, Chandler is in top form, going beyond the self-help category to the level of such inspirational classics as *The Road Less Traveled*.

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