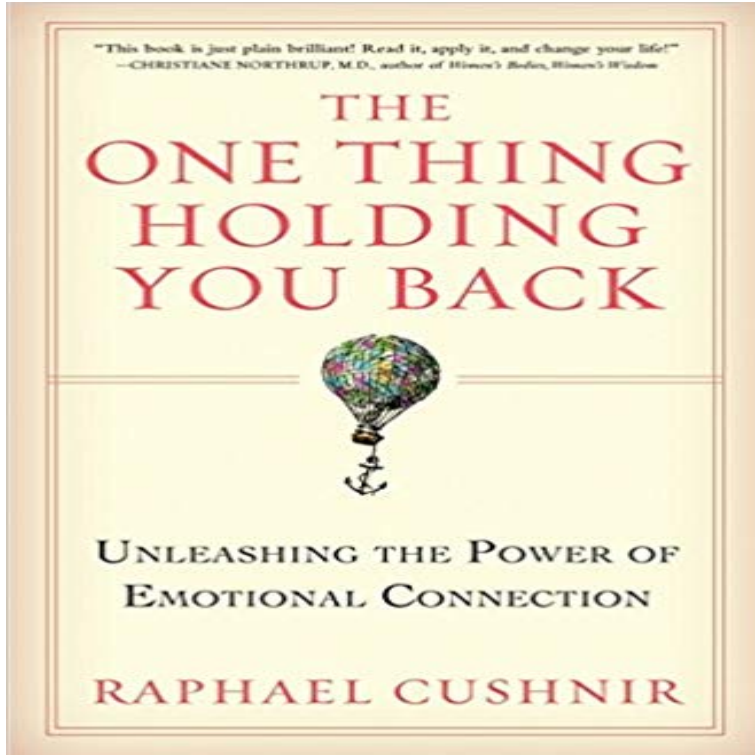


The One Thing Holding You Back: Unleashing the Power of Emotional Connection



By the time you finish this book, there will be nothing holding you back. Most people have a vision for their lives that they're not pursuing, half-heartedly pursuing, or pursuing with all their might yet somehow falling short. This vision can be modest or grand. It may involve breaking free of a destructive habit or finding a truly healthy relationship. It might have to do with making a real difference in the world or helping to lead a company to extraordinary success. In *The One Thing Holding You Back*, Raphael Cushnir, a leading voice in the world of personal and professional development, reveals that whenever people aren't living their dreams it's because they're not yet willing and able to feel specific emotions related to those dreams. Once we access and understand these emotions, our dreams can and will come true. Cushnir asserts that mere emotional awareness, commonly referred to as emotional intelligence, is not enough. For maximum benefit we must directly and consistently connect with our emotions. In particular, we need to connect with the emotions we routinely avoid, resist, or attempt to dismiss. It's these emotions that possess the key to our greatest goals. And learning to connect with them is another rarely taught but essential skill. *The One Thing Holding You Back* provides real solutions that can be implemented immediately and without external support and includes true stories of people who have put Cushnir's process to work and transformed their lives. Delivering a step-by-step program in accessible language, this landmark book will turn the obstacles in front of us into tremendous opportunities for achieving the life we always wanted.

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those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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