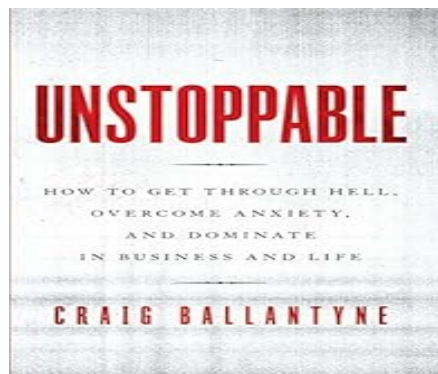


Unstoppable: How to Get Through Hell, Overcome Anxiety, and Dominate in Business and Life By Craig Ballantyne

I'm so overwhelmed! I just can't do this anymore! There isn't enough time in the day! ENOUGH! It's time to overcome your anxiety leap over your biggest obstacles and dominate in your business and in life. After spending years struggling with crippling anxiety attacks and total overwhelm Craig Ballantyne best-selling author and CEO of Early to Rise Publishing developed a bulletproof system to overcome anxiety get through hell and DOMINATE in business and life. His trainings have helped millions of people all over the world - including best-selling authors 9-figure entrepreneurs and business titans - overcome their greatest obstacles build more discipline and live their Perfect Lives. In his latest book Unstoppable Craig reveals proven strategies and tactics that will allow you to eradicate your anxiety build an operator's mindset and create a truly exceptional life. He talks about a couple of his super high power friends (owners of big franchises etc) and inherently this should be motivating but I would have really loved to see breakdowns of how people in the real world apply these things. And sure it has helped get me to where I am today and I definitely need strategies to deal with when it all becomes just too much but this idea that I could be /cured/ of my anxiety seems like a pipe dream. 171 The structure of the book wasn't my favorite but there were a lot of nuggets of gold in this book! My big takeaway: every action you take in life needs to relate to your goals or you are causing extra anxiety, Unstoppable: How to Get Through Hell Overcome Anxiety and Dominate in Business and Life(Listened to the Audiobook)3: I had a drafting day today so I was able to listen to this over the last couple of hours, His insights aren't the most earthshaking out there they are the ones I've heard before: He talks like he's tailoring to high octane CEOs and while that's fine I'm not sure that's who the audience should be. I loved the idea of writing letters and notes to people in your life: The repetitiveness of his stories bugged me at points and the quiet little humble brags. I'm interested in his Perfect Day book so he didn't turn me off of this whole idea just more which it had been a little bit less intense at points: I will likely relisten at some point there are lots of good things in there. 171 Good book with very useful insights but it focus on several different ideas and points of attack to anxiety, The first pages where the best ones for me and as the book kept going I felt it became less and less relevant: Worth a read if you're struggling with stress and anxiety as an entrepreneur I just had a bigger expectation about the book: 171 Life-changing If you struggle with stress overwhelm and/ or anxiety this book can change your life. 171 Been down this roadI also severe anxiety and lived to tell the tale. This is good advice much of which I also used in my journey to defeat anxiety. Speaking of mindset you must believe that destructive anxiety can be completely eradicated from your life: If you think that anxiety is something that you manage then that's all of the better you'll get. I think that the notifications section needs to be modified because of the interaction between family members where communication is necessary.5 leaning to 4. I've been anxious since I was a kid. But I can appreciate the things that he's outlining.Ugh. Probably because I apply most of the things Craig suggests. It has already had a profound impact on mine. I see my path and feel relieved. The tools and resources provided are enough. 171



This is a decent book. 171.