



# What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want

By Sam Horn

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## What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want

By Sam Horn

You never again need feel powerless in the face of uncertainty, awkward with strangers, or helpless in new situations. *With What's Holding You Back?*, Sam Horn shows you the way to a solid sense of self-assurance that doesn't depend on where you are or who you're with. This is a practical, user-friendly program that is filled with techniques you can begin using immediately. In *With What's Holding You Back?* you will learn how to:

- Walk into a room full of strangers and turn them into friends.
- Be a self-coach rather than your own worst critic, able to turn mistakes into lessons instead of failures.
- Converse with comfort and never again worry about what to say.
- Go places alone and have fun instead of being intimidated.
- Spring free from the comparison trap.

With Sam Horn's down-to-earth advice, amusing anecdotes, and no-nonsense wisdom, this valuable guide will benefit anyone-- regardless of background or circumstance-- who wants to move through life with ever-present grace, serenity, and strength.

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### Editorial Review

#### Review

"A fountain of wisdom. Page after page of good, solid advice." ?*Rabbi Harold Kushner, Author of When Bad Things Happen to Good People*

"Practical, powerful, simple yet scientific strategies to correct common mistakes that create tension, turmoil, and unhappiness. Sam Horn has written an amazingly clear and concise self-help book to turn almost any personal problem into an opportunity for growth and success. For it!" ?*Harold Bloomfield, M.D., author of Making Peace with Yourself and The Power of 5*

"What's Holding you Back? is filled with witty quotations, which are themselves worth the price of the book. But there's more: step-by-step practical advice, like that of a wise and supportive friend, reminding us all of who we are and what we're capable of. Sam Horn's is an uplifting voice in the world," ?*Dan Millman, author of Way of the Peaceful Warrior*

"I wish I'd received What's Holding You Back? during my early years. I recommend every parent give it to their child. It teaches more than how to be confident; it teaches how to be the kind of person you want to be--regardless of what others think and say." ?*Wally Amos, author of Watermelon Magic: Seeds of Wisdom, Slices of Life*

"A surefire confidence builder. This book is filled to overflowing with practical, innovative suggestions, supported by compelling stories, and numerous quotations. Sam Horn has written with warmth and good humor...and confidence! I highly recommend this beautiful book to anyone who wants a stronger backbone." ?*Susan Page, author of If I'm so Wonderful Why Am I Still Single? and How One of You Can Bring the Two of You Together*

"A must-read for anyone who would like to be more polished, poised, powerful at work, at home, in social settings, at school, and in sports." ?*Jack Canfield, co-author of Chicken Soup for the Soul*

#### From the Publisher

"I wish I'd received *What's Holding You Back?* during my early years. I recommend every parent give it to their child. It teaches more than how to be confident; it teaches how to be the kind of person you want to be - regardless of what others think and say." -WALLY AMOS, author of *Watermelon Magic: Seeds of Wisdom, Slices of Life*

#### About the Author

**Sam Horn**, president of Action Seminars, has presented her real-life workshops to more than 400,000 people since 1981. Her impressive client list includes Young Presidents Organization, National Governors Association, Hewlett-Packard, Four Seasons Resort, the Fortune 500 Forum, the US Navy, and the IRS. She was the top rated speaker at both the 1996 and 1998 International Platform Association conventions in Washington DC, and is the emcee of the world-renowned Maui Writers Conference. She is also the author of *Tongue Fu!*, *What's Holding You Back?*, and *ConZentrate*, which have been featured in *Readers Digest*, *The Washington Post*, *Chicago Tribune*, *Cosmopolitan*, *Entertainment Weekly*, *Family Circle*, *Bottom Line*

*Personal*, and *Executive Female*, to name a few. She is a frequent media guest who has appeared on numerous TV and radio shows, including "To Tell the Truth" and NPR's popular "Diane Rehm Show." She lives with her sons Tom and Andrew in Virginia.

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#### **Madeline Wayt:**

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