



Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity

By Mike Robbins

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Praise for *Be Yourself, Everyone Else is Already Taken*

"Mike's book is a wonderful expression of authenticity in action—clear, honest, instructive, and a passionate call to be your true Divine Self."

—**Cheryl Richardson**, New York Times best-selling author, *Take Time for Your Life*

"Mike Robbins provides a clear guide for intelligently and compassionately coming face-to-face with yourself and loving the person you meet. His five principles of authenticity teach us how to embrace and celebrate all aspects of who we are and what it means to be a spiritual being having a human incarnation."

—**Michael Bernard Beckwith**, author, *Spiritual Liberation*

"*Be Yourself, Everyone Else is Already Taken* is an empowering and refreshing book about how to be successful, real, and fulfilled in life. I highly recommend it."

—**Gay Hendricks**, New York Times best-selling author, *Five Wishes*

"Mike Robbins has written a powerful, down-to-earth, and insightful book on one of the most important aspects of happiness and fulfillment in life—authenticity. *Be Yourself, Everyone Else Is Already Taken* will give you tools and techniques to enhance your life and relationships in a profound way."

—**Marci Shimoff**, New York Times best-selling author, *Happy for No Reason*

"*Be Yourself, Everyone Else Is Already Taken* reminds us that God created each one of us for a unique purpose. We live in a world where the lines between fake and real have blurred. This powerful book teaches you how to access and express the realness you crave in your work, your relationships, and yourself."

—**Jon Gordon**, author, *The Energy Bus*

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Editorial Review

From Publishers Weekly

Starred Review. Robbins, the highly visible lantern-jawed motivational speaker/coach/author/guru (author of *Focus on the Good Stuff*), returns with a primer on authenticity: what it means, what it can do, and how to achieve it. A master of his craft, Robbins' guide is thorough, direct and carefully organized, with an understanding and enthusiastic voice. Beginning with the reasons we lose our authentic selves, Robbins enumerates the pressures to conform in family, school, religion, politics and the media, as well as the damaging messages we absorb, like "be a good boy," "calm down" and "shut up." Robbins explains how these pressures lead to self-criticism and fear, then how to overcome them through greater awareness and compassion for one's faults. With questions, exercises, action points and sound practices, Robbins provides a map to transforming fear, gaining self-knowledge and celebrating your authentic self, with a measured pace and a minimum of distraction (no sidebars, charts or breakout boxes). Readers looking for a positive, no-nonsense guide to self-actualization should find Robbins an ideal guide.

Review

Robbins, the highly visible lantern-jawed motivational speaker/coach/author/guru (author of *Focus on the Good Stuff*), returns with a primer on authenticity: what it means, what it can do, and how to achieve it. A master of his craft, Robbins' guide is thorough, direct and carefully organized, with an understanding and enthusiastic voice. Beginning with the reasons we lose our authentic selves, Robbins enumerates the pressures to conform in family, school, religion, politics and the media, as well as the damaging messages we absorb, like "be a good boy," "calm down" and "shut up." Robbins explains how these pressures lead to self-criticism and fear, then how to overcome them through greater awareness and compassion for one's faults. With questions, exercises, action points and sound practices, Robbins provides a map to transforming fear, gaining self-knowledge and celebrating your authentic self, with a measured pace and a minimum of distraction (no sidebars, charts or breakout boxes). Readers looking for a positive, no-nonsense guide to self-actualization should find Robbins an ideal guide (**Starred Review, Publishers Weekly**)

From the Inside Flap

Authenticity is the buzzword of the moment. "Be true to yourself." "Be your real self." "Be the person you were meant to be." The message is loud and clear. Or is it? There is pressure from all around (our parents, teachers, spouses, co-workers, friends, and the media) telling us it's more important to be liked and to fit in than it is to be who we truly are. We are also constantly bombarded with messages telling us that we aren't good enough and need to be fixed.

Written by Mike Robbins—best-selling author and motivational speaker—*Be Yourself, Everyone Else Is Already Taken* shows how you can overcome your fear about being who you really are and accept yourself without a mask, pretensions, bluff, or fakery. This encouraging book will help you confront some of your own personal challenges with honesty and genuineness. It contains powerful ideas, principles, and practices that when integrated into your life on a regular basis can help you access a deeper place of truth within you. *Be Yourself, Everyone Else Is Already Taken* will empower you to

- Confront and transform your fear
- Express yourself fully and confidently
- Deal with conflicts directly and resolve them effectively

- Take risks and go for what you truly want in life
- Keep things in perspective and have more fun
- Trust, forgive, and celebrate yourself
- Have more freedom, peace, and confidence in your relationships, your work, and your life

Being your authentic self is not for the faint of heart, but once you're willing to truly engage and do the work to become real, your life will be more exciting, meaningful, and fulfilling!

Users Review

From reader reviews:

Austin Lawrence:

This book untitled Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity to be one of several books that best seller in this year, that is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this kind of book in the book store or you can order it via online. The publisher of this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smartphone. So there is no reason for your requirements to past this reserve from your list.

Joni Thompson:

Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity can be one of your beginner books that are good idea. We all recommend that straight away because this reserve has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into satisfaction arrangement in writing Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity nevertheless doesn't forget the main level, giving the reader the hottest as well as based confirm resource details that maybe you can be certainly one of it. This great information may drawn you into brand new stage of crucial imagining.

Guadalupe Marshall:

This Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity is brand new way for you who has fascination to look for some information mainly because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know otherwise you who still having little digest in reading this Be Yourself, Everyone Else is Already Taken: Transform Your Life with the Power of Authenticity can be the light food to suit your needs because the information inside this particular book is easy to get by anyone. These books develop itself in the form and that is reachable by anyone, yep I mean in the e-book application form. People who think that in reserve form make them feel sleepy even dizzy this reserve is the answer. So you cannot find any in reading a reserve especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the item! Just read this e-book type for your better life as well as knowledge.

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