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BEING UNCOMFORTABLE



Improving Your Performance

BOB MOLLE

From the only man to ever win an Olympic Medal and Grey Cup Championship

FOREWORD BY ROBERT KIYOSAKI

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# GET COMFORTABLE BEING UNCOMFORTABLE: IMPROVING YOUR PERFORMANCE BY BOB MOLLE PDF

The reason why so few people manage to realize their dreams is that they focus on the 'how' rather than the 'why.' With the right resources, anyone can figure out how to do just about anything. The more important thing to consider is why you want to do it in the first place. These moments of self-evaluation will make you uncomfortable; at least they should. When we are honest with ourselves we often realize that we must change course into the unknown, and do the things that will not be easy. This is why it is so crucial to learn the art of "getting comfortable being uncomfortable." This book is a collection of stories and reflections that have inspired and guided me to success through all the stages of my life. The experiences in this book will provide you inspiration on your own journey to leaving your comfort zone and finding the answers to all of life's 'whys.' Bob Molle is one of the world's leading experts on goal-setting and personal achievement. He is the only man to ever win an Olympic medal and Grey Cup Championship, having won a Silver for Canada at the 1984 Olympics in Wrestling, in addition to captaining the Winnipeg Blue Bombers to Grey Cups in 1988 and 1990. Bob enjoys helping people from all walks of life, but he has also worked with major sales, marketing, financial and health organizations from across North America. By sharing his unique approach to goal-setting, he has inspired thousands of people to reach their full potential and better their lives. Bob is also an internationally renowned public speaker.

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Great Book About Personal Growth and Values

By The James

I actually just met Bob this weekend in Edmonton. I heard about him on the Rich Dad radio show with Real Estate Legend Ken McElroy and what the topic was about was having a coach to be there to guide you and hold you accountable for your personal development. The book touches on many stories from Bob's life and how he and other grew from experiences relating to travel and tragedy. It's a short fast read and if you're up for it, it's worth the time you'll put into it. The reason such a short book makes such a strong connection is the emotional depth of the book, which you'd never think considering how fast it is to read. Enjoy!

0 of 0 people found the following review helpful.

Great choice to get you motivated!

By Lindsay Schirmer

A friend of mine suggested this quick read and I would recommend this book to anyone who is looking to strengthen their personal growth. Whether it's business or personal improvement you are looking for, this book will give you the confidence to over step your comfort zone, which in turn will help you succeed through life's challenges.

0 of 0 people found the following review helpful.

Great short motivational book

By marco

I have to say that I truly enjoyed reading this short and motivational book.

It made me think about the reason behind my actions and goals, and really made me re-evaluate my goal settings.

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