

Drew Hanlen Pure Sweat Drills

Stop Bullshitting Yourself Drew Hanlen

Stop Bullshitting Yourself *Drew Hanlen*

legendary nba trainer drew hanlen performance coach to stars like mvp joel embiid and jayson tatum reveals his proven step by step system for personal and professional transformation that has fueled the success of some of the top athletes and business leaders in the world if you clicked on this book it's because somewhere deep down you know you've been bullshitting yourself you know that making more money landing a better job and finally getting in great shape will make your life better but for some reason you've settled you've read self help books listened to peak performance podcasts dieted and exercised and tried countless other remedies but you still haven't found solutions to your biggest problems what can you start doing to finally turn your life around the answer is to stop bullshitting yourself this book is a game plan for doing just that for the past two decades drew hanlen has helped many of the world's best basketball players reach levels that they didn't think were attainable from winning gold medals championships mvp and scoring titles to being selected to the all star and all nba teams in stop bullshitting yourself you'll learn the system that has propelled them to success and how to apply these same strategies to every aspect of your life designed for those who are tired of making empty promises to themselves and who are ready to make real change in their lives stop bullshitting yourself provides a step by step approach to audit and eliminate the excuses thoughts and habits holding you back develop detailed blueprint

bubbles to facilitate action using simple achievable steps design microshifts repeatable behaviors that break down your goals into manageable chunks put in the unseen hours work that works if you're tired of making excuses and ready to achieve the results you've always wanted let's get started

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