



I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It

By Barbara Sher, Barbara Smith

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If you suspect there could be more to life than what you're getting...if you always knew you could do anything if you only knew what it was, this extraordinary book is about to prove you right!

A life without direction is a life without passion. The dynamic follow-up to the phenomenal best-seller *Wishcraft*, *I Could Do Anything If I Only Knew What It Was* (the *New York Times* Bestseller) guides you, not to another unsatisfying job, but to a richly rewarding career rooted in your heart's desire. And in a work of true emancipation, this life-changing sourcebook reveals how you can recapture "long lost" goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams forever!

You will learn:

- * What to do if you never chose to be what you are.
- * How to get off the fast track--and on to the right track.
- * First aid techniques for paralyzing chronic negativity.
- * How to regroup when you've lost your big dream.
- * To stop waiting for luck--and start creating it.

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Editorial Review

Amazon.com Review

"A life without direction is a life without passion," says motivational specialist, therapist, and career counselor Barbara Sher. In *I Could Do Anything If I Only Knew What It Was*, a sort of broader, less dense, and less intimidating version of *What Color Is Your Parachute?*, she reveals how to "recapture long lost goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams."

This is a perfect book for new college graduates or anyone sick and tired of languishing in a dead-end job or relationship--yet reluctant to make drastic life changes due to uncertainty about what would actually inspire them. *I Could Do Anything* combines the I'm-not-buying your-excuses inspiration of Dr. Laura Schlessinger with the soothing, analytic encouragement of Dr. Martin Seligman in his classic *Learned Optimism*. In other words, Sher will pick you up off your butt and get you moving. She's included enough self-analytical exercises in here to save you hundreds of dollars in therapy.

Whether you're looking to make improvements in your job or personal life, Sher will teach you how to determine what your goals are, and how to successfully reach them--even if right now the only thing you know is that you're vaguely to very unhappy and haven't the foggiest idea what to do with yourself.

From Publishers Weekly

Therapist Sher's guide to discovering and attaining personal and career goals was a PW bestseller for five weeks.

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From Library Journal

Although Sher's *Wishcraft: How To Get What You Really Want* was "more silliness of the self-help genre" (LJ 11/1/79), it boasts more than 500,000 copies in print. Here, the author addresses self-helpers less sure of their goals.

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Users Review

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