

---

# The Mountain Is You Transforming Self Sabotage Into Self Mastery

---

The Unfair Advantage

The Mountain is You: Transforming Self-Sabotage Into Self-Mastery by Brianna Wiest Summary

Transforming Trauma with Jiu-Jitsu

The Truth About Everything

Daring to Take Up Space

Everything You'll Ever Need You Can Find Within Yourself

Workbook: Practical Handbook for the Mountain Is You: a Guide to Brianna Wiest's Book: Transforming Self Sabotage Into Self Mastery

Summary of Brianna Wiest's The Mountain Is You

IT'S ALL IN YOUR HEAD

Transformer Greenhouses

You're Only Human

Ceremony

Becoming the One

Canoeing the Mountains

Workbook: the Mountain Is You

101 Essays

The Mountain Is You

You Deserve This Sh!t

The Human Element

A Natural History of Transition

Transforming Loneliness

Summary of the Mountain is You

The Science of Stuck

CPT 2021 Professional Edition

Inner Engineering

Emergent Strategy

Lawns into Meadows

Workbook: the Mountain Is You by Brianna Wiest (PeakBookz)

Nothing You Don't Already Know

Self Love Poetry

The Drummer and the Great Mountain - a Guidebook to Transforming Adult ADD / ADHD

The Power of Letting Go

Stop Self-Sabotage

I Am the Hero of My Own Life

When You're Ready, This Is How You Heal

Choose to Win

Damn Delicious

How We Change

Never Too Small  
The Body Keeps the Score

*The Mountain Is You Transforming Self Sabotage Into Self Mastery* Downloaded from [blog.gmercyu.edu](http://blog.gmercyu.edu) by guest

---

## SINGLETON BURNETT

---

*The Unfair Advantage* Andrews McMeel Publishing

The secret to winning at life is one good choice at a time. Are you frustrated with your job, career, or relationships? Are you unsure if what you are doing right now in your life is the right thing? In this revolutionary new book, success and motivation expert Tom Ziglar shares the good news that you can change and that, in fact, you can win at life. Choose to Win shows you how to achieve massive change without massive upset. It all starts with identifying your why, which reveals the how that opens multiple doors of what. His revolutionary plan guides you through making one small choice at a time through a sequence of easy-to-follow steps in seven key areas: mental, spiritual, physical, family, finance, personal, and career. Ziglar also helps you identify the life-killing, unhealthy habits that cause misery, dissatisfaction, and lack of success—and, more importantly, how to implement positive habits through the trinity of transformation: desire, hope, and grit. The result is a more productive, more fulfilling, and more meaningful life. You can take control of your destiny and leave the lasting legacy you've dreamed about and deserve. You simply need to choose to do so.

### **The Mountain is You: Transforming Self-Sabotage Into Self-Mastery by Brianna Wiest Summary**

Harmony Work. Family. Church. Exercise. Sleep. The list of demands on our time seems to be never ending. It can leave you feeling a little guilty--like you should always be doing one more thing. Rather than sharing better time-management tips to squeeze more hours out of the day, Kelly Kopic takes a different approach in *You're Only Human*. He offers a better way to make peace with the fact that God didn't create us to do it all. Kopic explores the theology behind seeing our human limitations as a gift rather than a deficiency. He lays out a path to holistic living with healthy self-understanding, life-giving relationships, and meaningful contributions to the world. He frees us from confusing our limitations with sin and instead invites us to rest in the joy and

relief of knowing that God can use our limitations to foster freedom, joy, growth, and community. Readers will emerge better equipped to cultivate a life that fosters gratitude, rest, and faithful service to God.

*Transforming Trauma with Jiu-Jitsu* North Atlantic Books

The most comprehensive holistic guide to transforming adult ADD / ADHD. "The Drummer and the Great Mountain - A Guidebook to Transforming Adult ADD/ADHD" starts with the premise that ADD/ADHD is a neurological type, not a disorder -- shared by countless artists and great minds throughout history. It offers a soulful, comprehensive, and holistic support system for creative individuals looking to maximize their potential and minimize their challenges with focus and consistency. Topics covered: Nutrition, Exercise, Emotional Support Tools, Time Management, Life Visioning, Creating Effective Support Systems, ADD / ADHD and Addiction, Meditation and Mindfulness Practices, and much more. Who Can Benefit: 1. Anyone diagnosed (or self-diagnosed) with ADD / ADHD. 2. Artists, musicians, entrepreneurs, and creative-types who struggle with consistency, structure, self-motivation, and possibly addictive tendencies. 3. People taking ADD / ADHD medication who are looking for effective, natural alternatives. 4. Social Workers, therapists, and wellness professionals seeking a comprehensive support plan for their clients. 5. Spouses, partners, and parents looking for ways to effectively support their loved ones. 6. Teachers, life coaches and support professionals wanting to discover more in-depth tools of support. "The Drummer and the Great Mountain is an informative, practical guidebook for those of us with the artistic or entrepreneurial temperament, offering a treasure trove of survival tools, personal growth techniques and coping mechanisms for a personality type that can often be at odds with our linear, rational society." ~ Warren Goldie, Author "This book seems to not only span the whole spectrum of the ADD/ADHD subject but pierces deeply, bringing into focus the essential value of each part of our lives to augment - even perfect - our given natures; no matter how unique, rare or misunderstood." ~ Doro Kiley, Life Coach "Michael has taken a deeper look at how the foods we eat affect our brain chemistry. He has done a beautiful job explaining this

phenomenon in clear and understandable terms; offering a realistic roadmap on how to recognize and take control of detrimental dietary patterns." ~ Jennifer Copyak, Nutritionist

### **The Truth About Everything** HarperCollins

Readers have called her work "life changing," "pandemic medicine," and "part of my daily ritual." Oprah Magazine and the Today Show have featured her work for its timely, uplifting wisdom. Now, Self Love Philosopher Melody Godfred shares her first poetry book, *Self Love Poetry: For Thinkers & Feelers*, a collection of 200 thought-provoking and heart-opening self love poems. In *Self Love Poetry*, Godfred explores concepts like authenticity, surrender, resilience, gratitude, believing in yourself, and of course, love, through 100 pairs of poems, each dedicated to a central theme. On the left side of the book are "thinker" poems that light up the analytical, more literal, left side of the brain, and on the right side are companion "feeler" poems that speak to the creative, more emotional right side of the brain. Combined, the poems electrify the mind, body and soul through a completely unique poetry experience that inspires each of us to embrace all parts of ourselves. This empowering poetry book will not only engage you to think and feel, but will make you feel seen, show you how to love yourself, and encourage you to seek out the hope and beauty in the world ... and in yourself. It's the perfect gift for yourself or someone you love, especially after a most difficult year.

*Daring to Take Up Space* Penguin

In her second compilation of published writing, Brianna Wiest explores pursuing purpose over passion, embracing negative thinking, seeing the wisdom in daily routine, and becoming aware of the cognitive biases that are creating the way you see your life. This book contains never before seen pieces as well as some of Brianna's most popular essays, all of which just might leave you thinking: this idea changed my life.

### **Everything You'll Ever Need You Can Find Within Yourself**

Thought Catalog Books

Buy now to get the main key ideas from Brianna Wiest's *The Mountain Is You* Do you often feel unable to trust yourself? Do you wonder whether what you're about to do is not in your best

interest at all? We could all find more peace and happiness, if only we were free from the detriments of self-sabotage. In *The Mountain Is You* (2020), Brianna Wiest explores the underlying problems that cause self-sabotage, then shows how to overcome it. By understanding how the mind and body react to change, you can strategically take hold of your own happiness.

*Workbook: Practical Handbook for the Mountain Is You: a Guide to Brianna Wiest's Book: Transforming Self Sabotage Into Self Mastery* Baker Books

The Coronavirus pandemic has revealed a very big secret we've been keeping from ourselves and each other: We can be remarkably agile in the face of change. How is it that we are able to so radically and rapidly change our daily behavior in order to follow the social distancing and stay-at-home policies during the pandemic, and yet--pandemic or not--we typically find it difficult, if not impossible, to reach smaller personal goals like dieting, getting organized or changing destructive habits? The pandemic is life-threatening, so it ignites our survival instincts, activating that part of our brains charged with speedily and efficiently getting us to safety. But cholesterol, alcohol, and physical passivity are all life-threatening, and many of us humans have done a lousy job changing in regard to these issues, even when we have reliable information that they are killing us. Why do we struggle to change what would so obviously help ourselves individually? Ross Ellenhorn's book, *How we Change* (and the *Ten Reasons Why We Don't*) gives a fascinating answer. A clinician and thought leader in the mental health and addiction fields, he suggests that we're often looking in the wrong direction when we try to decipher the factors that support human change. He suggests that it's much more fruitful to look at why we don't change, than figure out why we do. By looking at the reasons we don't change, we give ourselves the best chance of actually changing in meaningful ways. Ellenhorn explains how we are wired to double down on the familiar because of what he calls the "Fear of Hope" - the act of protecting ourselves from further disappointment—and identifies the "10 Reasons Not to Change" to help us see why we behave the way we do when we are faced with the challenge of hope. Among them are:

- To change means raising your expectations and thus risking that you'll disappoint yourself.
- Once you change, you are more accountable to make other changes than if you stayed the same
- When you change,

your future become much less predictable.

- Change means destroying psychological monuments you've built to commemorate past injuries
- Every time you change, you raise the possibility of losing or disrupting your relationship with certain people

By addressing this little known reality of fear of hope, and how it influences the 10 Reasons Not to Change, Ellenhorn actually gives us hope, helping us to work toward the change we seek. Ellenhorn speaks to the core of our insecurities and fears about ourselves, with a humor and kindness. By turning our judgments about self-destructive behaviors into curious questions about them, he teaches us to think about our actions to discover what we truly want - even if we're going about getting it in the wrong way. *How We Change* is a brilliant approach that will forever alter our perspective - and help us achieve the transformation we truly seek.

[Summary of Brianna Wiest's The Mountain Is You](#) Brazos Press

Spiritual writer and founder of Rising Woman, Sheleana Aiyana takes you on a transformational inner-work journey to heal life-long relationship patterns and reclaim power over your life. Romantic relationships have the ability to infuse our lives with the magic of intimacy and connection. But for many of us, that magic is fleeting—over and over, our relationships don't last, or if they do, they fail to make us happy. We find ourselves chasing unavailable love, sublimating our needs in service to others, or trying to save our partners from themselves, all the while abandoning the one who needs us most—ourselves. If you find yourself struggling to let go after a relationship ends, or you keep hitting the same wall in dating and relationships with emotionally unavailable people, this is not a sign that you are broken. It is a sign that somewhere along the way, you learned to sacrifice yourself in order to be loved. In *Becoming the One*, spiritual leader and visionary founder of the Rising Woman community Sheleana Aiyana offers a roadmap for transforming your relationship patterns to end the cycle of self-abandonment and move into the light of self-discovery. You'll learn to:

- build a secure, loving relationship with yourself.
- connect with your inner child.
- challenge your core beliefs about love.
- set self-affirming boundaries.
- discover and celebrate your true desires.
- recognize red and green flags.

Sheleana's revolutionary lessons, based on wisdom from the traumas of her past and years of guiding thousands of women around the world in her

internationally acclaimed "Becoming the One" program of spiritual and therapeutic healing practices, teach you to embody the qualities you are seeking in others so that you can become "the one" for yourself. You'll learn how to trust your body, make peace with your past, and clear the path for healthy, conscious love—one that returns the authority to you to choose how to live and whom to love. The desire for love is wired into the very fibers of our being, but before you can create rewarding bonds with others, first you must stand wholeheartedly in self-acceptance. *Becoming the One* is an invitation to find your way home to yourself.

*IT'S ALL IN YOUR HEAD* Aster

Disclaimer: This workbook is meant to accompany the original work for your further help and understanding, and is not meant to replace the original work; nor is it affiliated with the original work in any way. Readers are encouraged to purchase the original work along with this workbook. Do you want a practical approach to scaling your mountains, excavating trauma, building resilience, and mastering yourself? This workbook is a perfect companion to Brianna Wiest's *The Mountain Is You: Transforming Self-Sabotage Into Self-Mastery* This brilliant and amazing book is simple and easy-to-use. It offers further insight into the main book with thought provoking questions for each chapter and a lot of reflection/interaction with the main text. In addition, it gives you more time to process and think over crucial areas of the main book for your personal development and growth It's time to; Build emotional intelligence Learning to act as your highest potential future self Do the deep internal work of excavating trauma Stop resisting efforts to change Create good from bad situations Start winning Get ahead in life and fulfil your purpose And so much more... Scroll up and buy this book now to get started.

*Transformer Greenhouses* Penguin Books

THIS IS A BOOK ABOUT SELF-SABOTAGE. Why we do it, when we do it, and how to stop doing it-for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain

has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

*You're Only Human* AK Press

The winner of the UK's Business Book of the Year Award for 2021, this is a groundbreaking exposé of the myths behind startup success and a blueprint for harnessing the things that really matter. What is the difference between a startup that makes it, and one that crashes and burns? Behind every story of success is an unfair advantage. But an Unfair Advantage is not just about your parents' wealth or who you know: anyone can have one. An Unfair Advantage is the element that gives you an edge over your competition. This groundbreaking book shows how to identify your own Unfair Advantages and apply them to any project. Drawing on over two decades of hands-on experience, Ash Ali and Hasan Kubba offer a unique framework for assessing your external circumstances in addition to your internal strengths. Hard work and grit aren't enough, so they explore the importance of money, intelligence, location, education, expertise, status, and luck in the journey to success. From starting your company, to gaining traction, raising funds, and growth hacking, *The Unfair Advantage* helps you look at yourself and find the ingredients you didn't realize you already had, to succeed in the cut-throat world of business.

*Ceremony* Chronicle Books

You will enjoy food and flowers grown in a multi-season Transformer Greenhouse at a fraction of traditional cost and complexity using a novel, but simple-hinged design with standard materials and solar plastic covering. Quickly switch between covered growing space or fully opened to rain and sun or any place in-between, which makes the same growing space as useful in the summer as in the winter. Part One's rich, full-color photography shows operational possibilities and 3 different working one- and two-sided designs. Part Two includes illustrated construction details for a 12x18 foot greenhouse, with practical ideas for its year-round use and further refinement. You make the sheltering walls of solar transmitting plastic shift to fit the day's weather by using ropes to lower and raise one or both sides that

curve over the arched ribs above the growing space. During the many months of the brown-grey lifelessness of the colder seasons, it is truly one of the finer spirit-lifting things in life to walk into the warm scents and sights of edible and colorful plants in a greenhouse. The Transformer Greenhouse's incredible affordability adds to the options for mental and physical health. Equally engaging is to contribute a portion of the crop to services for the food challenged, and to model for local schools the options for carrying out real-world science and math activities in a garden during the actual school year. Our ability to change is key to our survival and thriving. Solve heat venting issues efficiently and effectively. As the warming world increases the frequency of more extreme weather fluctuations in rain, cold and heat, the Transformer Greenhouse's changeability provides an affordable means to match the challenge. Think global, act local. It is possible for one person to build the included design or for a construction crew to complete the design in a day. 8.5x11 inch layout, 52 pages.

*Becoming the One* Thames & Hudson Australia

'Nothing you don't already know' is a brief guide to making the most of your life. It's for everyone who wants to take on the journey of fulfilling their potential and live a deeply meaningful life. In 2015, Alexander started sharing his writings about life on his Instagram page. This book holds a selection of his most popular quotes and writings that have already positively impacted thousands of people. Alexander's teachings are about living with purpose, overcoming fear, facing yourself, and making a difference. This concise handbook is full of remarkable reminders about meaning, purpose, and self-realization. The title refers to the idea that if you learn something profound, it's not as if you have learned something new. Rather, it's as if something is being unveiled to you that you have always known.

*Canoeing the Mountains* LUMINAIA Press

THE ACCOMPANYING JOURNAL - LEARN TO LET GO - OUT NOW  
'Life-changing' - Sara Makin, Founder & CEO of Makin Wellness  
If you learn to let go, your life will take off. When you let go, you live intuitively. Everything flows, because you are no longer attached to things being a certain way, to being a certain person or always being right. What a relief. The irony is that when you feel stuck in any area of your life - career, relationships, purpose, health or money - letting go can seem very hard. You cling on for dear life

just at the moment you need to take the leap. In *The Power of Letting Go*, John Purkiss explains why we should let go and how we can do it, using proven techniques to make things happen. The stages of letting go: -Be Present and Enjoy Each Moment -Let Go of the Thoughts that Keep You Stuck -Let Go of the Pain that Runs Your Life -Surrender and Tune into Something Far More Intelligent than Your Brain

*Workbook: the Mountain Is You* BookSummaryGr

Are you feeling lost, stuck, or confused? You may need a roadmap for the journey from where you are now to becoming the best version of yourself. In this authentic self-help book, Jordan Tarver, introspective author and world traveler, guides you on a journey of self-discovery. A near-death experience in 2013 and a soul-searching solo backpacking trip taught Jordan how to live. Since then, he's dedicated himself to living a life infused with meaning and empowering others to do the same. He uses inspiring stories, workable tactics, understandable action steps, and simple language that help you: ① Get unstuck ② Find your path ③ Become the best version of yourself  
As you progress through its pages, you'll learn how to create positive change in your life NOW to live the life of your dreams FOREVER. By the end of *You Deserve This Sh!t*, you'll have a newfound awareness of yourself and the world around you, the courage to always go outside your comfort zone, and the passion for living an intentional life. You will feel empowered to make choices that align with your goals and feel deserving of the exact life you want to live. Let your journey begin. This book is your nudge. ♦♦♦ BONUS: Enjoy free content at the end of the book to continue your journey of becoming the best version of yourself.

*101 Essays* HarperCollins

A research-based tool kit for moving past what's holding you back—in life, in love, and in work. We all experience stuckness in our lives. We feel stuck in our relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward—but find ourselves unable to take the leap to make it happen. And then we blame and shame ourselves, and stay in a loop of self-doubt that goes nowhere. The good news is you're not lazy, crazy, or unmotivated. In this empowering and action-oriented guide, you'll discover why we can't think our way forward—and how to break through what's holding us back. Using an eclectic approach and a customizable

plan that's as direct or as deep as you want, this life-changing guide empowers you to: break old habits and patterns gain perspective on pain and trauma from the past free yourself from the torturous "why" questions take control of your choices to create the life you want Bringing together research-backed solutions that range from shadow work to reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a hands-on road map for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

**The Mountain Is You** Time Inc. Books

Self-defeating actions are brought on by the existence of competing needs. Why we fight change even when it seems hopeless. But we can get out of our own way and into our potential if we learn to act as our highest potential future selves by extracting crucial insight from our most damaging habits, developing emotional intelligence through a deeper understanding of our brains and bodies, releasing past experiences on a cellular level, and practicing in the present as if they never happened. The mountain has been a metaphor for insurmountable obstacles for centuries. In order to overcome obstacles, it is necessary to do the hard inner work of uncovering past trauma, developing resilience, and modifying our approach to the climb. In the end, it is not the mountain we master, but ourselves. **DISCLAIMER** : The information contained in this summary is not intended to serve as a replacement for the original work. As a supplement, it should help the reader grasp the main points even more completely. In other words, this summary is meant to entice the reader into purchasing the full version of the book for even deeper reading and analysis.

[You Deserve This Sh!t](#) HarperChristian + ORM

The Mountain is You: Transforming Self-Sabotage Into Self-

Mastery by Brianna Wiest Summary Your fears and limitations can hinder your progress in life, but they can also serve as valuable lessons and guide you towards personal growth. The journey may be challenging, comparable to scaling a mountain. You will need to confront your discomfort and be honest about your actions. While change is not easy, you have the power to break negative patterns and transform into the person you are meant to be. In Brianna West's book, "The Mountain is You," you will explore the various ways in which habits and worries can hold you back. Through this exploration, you will also discover opportunities for learning and use that knowledge to move in a positive direction. As you read, you are likely to relate to certain experiences or emotions from your own life, and that's a crucial part of the process. It is when you confront your most challenging obstacle, which is often yourself, that true transformation begins. While this summary does not detail the multitude of paths one can take over the metaphorical mountain, it will provide guidance on how to start overcoming that mountain and completely change yourself in the process. Here is a Preview of What You Will Get: - A Detailed Introduction - A Comprehensive Chapter by Chapter Summary - Etc Get a copy of this summary and learn about the book.

*The Human Element* Independently Published

"You do not have to be a deeply spiritual person to understand what the human element is, or how it applies to you, or what you are supposed to do with this book once you read it." This is the story of becoming, the process of actualization that we all go through, especially when we are most unaware that it's happening. Written with striking familiarity and uncanny understanding, this book will open your heart and touch your soul by putting into words the things that are both deeply rooted and

hidden in us that we miss them even when they are most transparent. The human element is the thing that binds us, the thing we have to overcome, how we have to stop standing in our own way and let everything unfold. It is a philosophical take on what it means to overcome humanness by acceptance, initially realized through the experiences of sleep paralysis and other awakenings.

**A Natural History of Transition** InterVarsity Press

In *Lawns Into Meadows*, landscape designer Owen Wormser makes a case for the power and generosity of meadows. In a world where lawns have wreaked havoc on our natural ecosystems, meadows offer a compelling solution. They establish wildlife and pollinator habitats. They're low-maintenance and low-cost. They have a built-in resilience that helps them weather climate extremes, and they can draw down and store far more carbon dioxide than any manicured lawn. They're also beautiful, all year round. Owen describes how to plant an organic meadow that's right for your site, whether it's a yard, community garden, or tired city lot. He shares advice on preparing your plot, coming up with the right design, and planting—all without using synthetic chemicals. He passes along tips on building support in neighborhoods where a tidy lawn is the standard. Owen also profiles twenty-one starter grasses and flowers for beginning meadow-makers, and offers guidance on how to grow each one. To illuminate the many joys of meadow-building, Owen draws on his own stories, including how growing up off the grid in northern Maine, with no electricity or plumbing, prepared him for his work. The book, part how-to guide and part memoir, is for environmentalists and climate activists, gardeners and non-gardeners alike. *Lawns Into Meadows* is part of Stone Pier Press's Citizen Gardening series, which teaches readers how to grow food and garden in ways that are good for the planet.

Related with The Mountain Is You Transforming Self Sabotage Into Self Mastery:

- How To Practice Kissing By Yourself : [click here](#)