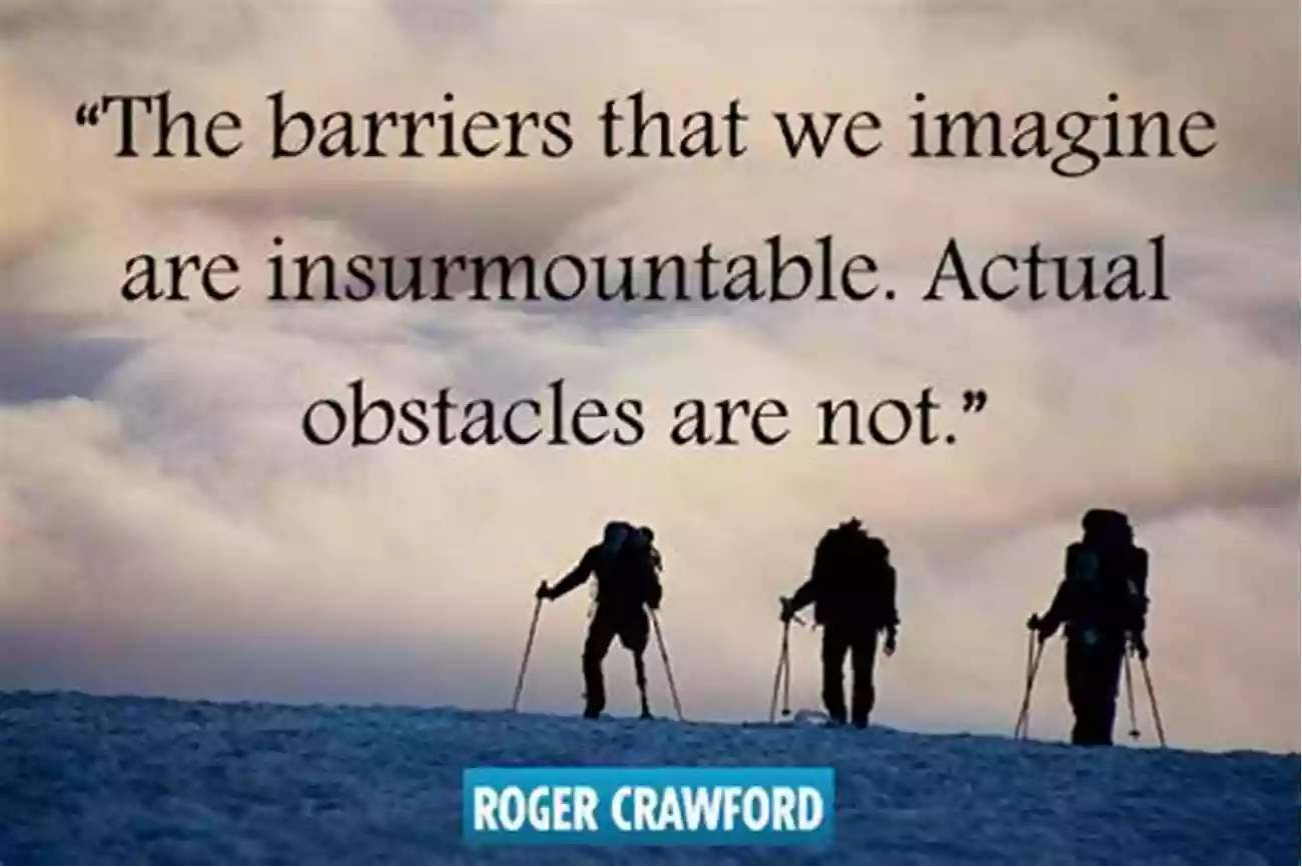


Breaking Through Barriers We Imagine Contain Us



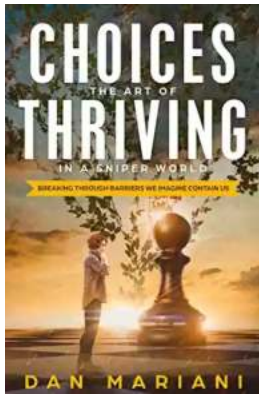
“The barriers that we imagine are insurmountable. Actual obstacles are not.”

ROGER CRAWFORD

What holds us back from reaching our fullest potential? Why do we often feel trapped within self-imposed limitations? It's time to challenge these barriers that exist solely in our minds and break free from the shackles that hinder our growth.

Understanding Our Mental Barriers

Humans are wired to seek comfort and avoid uncertainty. This innate instinct often results in the creation of mental barriers. These barriers are not tangible, physical obstacles but rather self-imposed limitations that hold us back from pursuing our dreams and realizing our true potential.



Choices - The Art of Thriving in a Sniper World: Breaking Through Barriers We Imagine Contain Us

by Dan Mariani (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 3801 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 126 pages
Lending : Enabled
Screen Reader : Supported

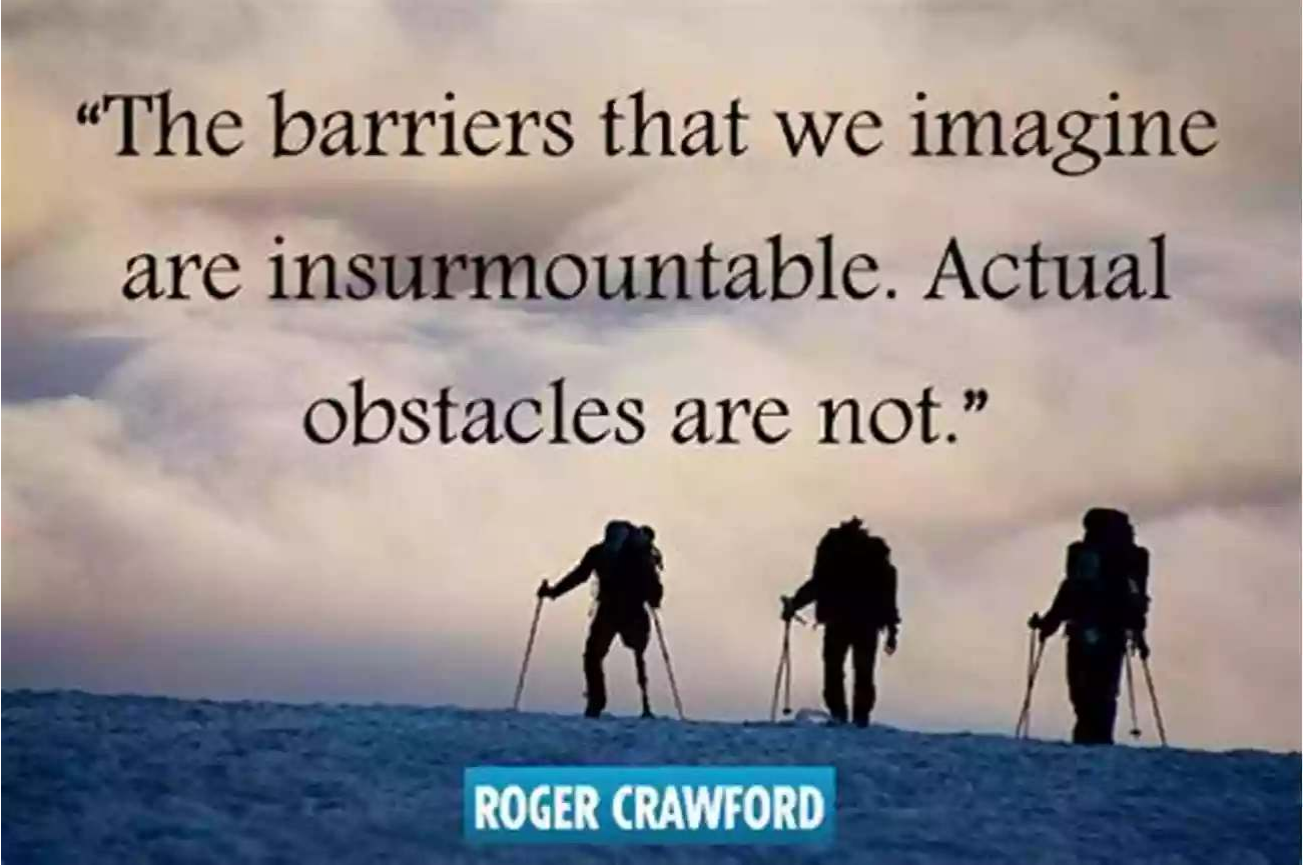


These mental barriers may stem from past failures, fear of rejection, lack of confidence, or societal pressures. They are often deeply ingrained in our subconscious, making them difficult to identify and overcome.

To break through these barriers, it is essential to explore the underlying causes and understand their impact on our lives. By doing so, we can embark on a transformative journey toward self-discovery and personal growth.

Identifying and Confronting Barriers

The first step in breaking through barriers is to identify them. Reflect on your current mindset and examine any recurring negative thoughts or beliefs. These may include phrases like "I'm not good enough," "I don't deserve success," or "I'm too old to pursue my dreams."



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are insurmountable. Actual
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Once identified, confront these thoughts and challenge their validity. Question the evidence supporting these beliefs and consider alternative perspectives. Often, you'll realize that these barriers are nothing more than illusions created by your mind.

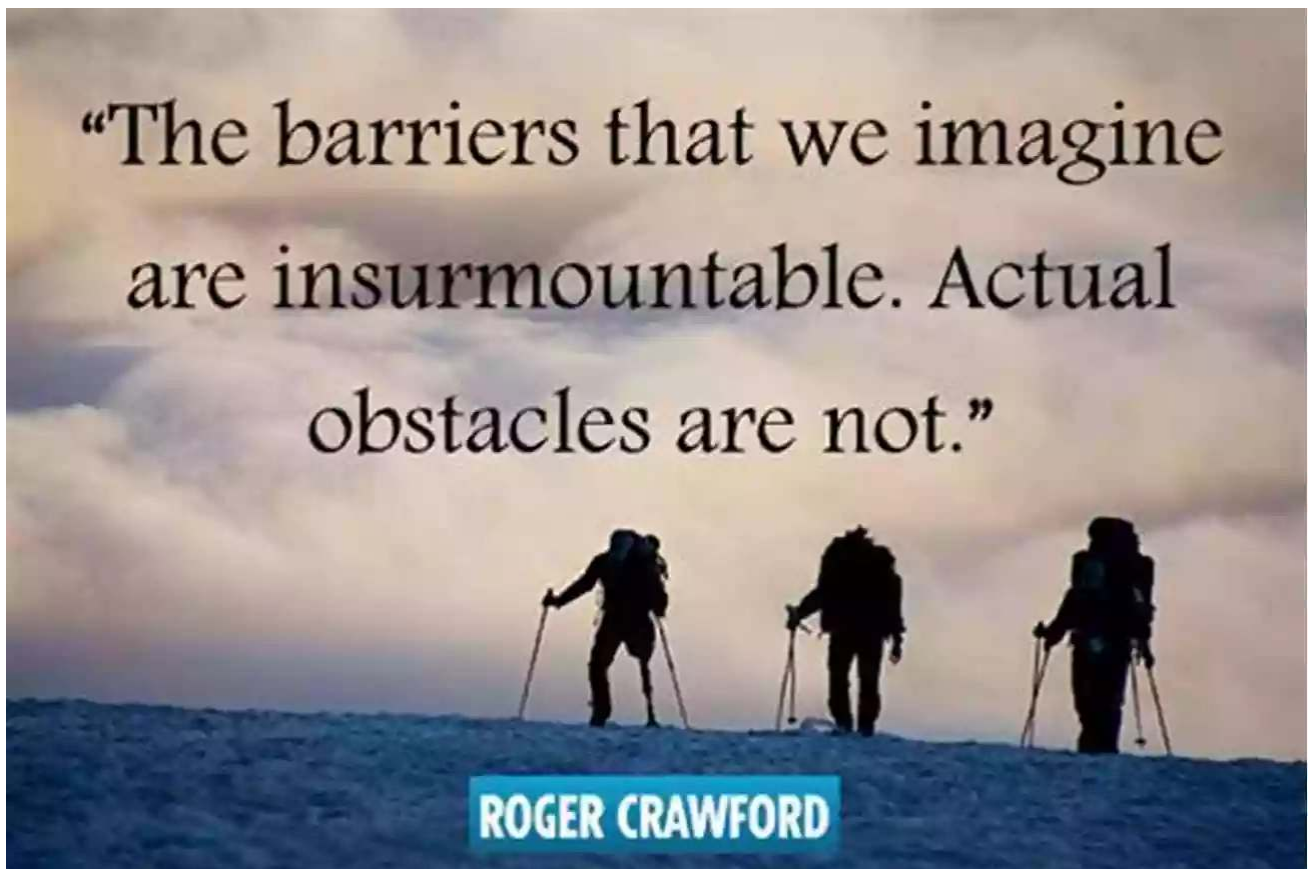
Surround yourself with a support system that encourages personal growth and challenges your limiting beliefs. Seek inspiration from others who have overcome similar hurdles and learn from their experiences. Remember, you are not alone in this journey of breaking free from mental cages.

Embracing Failure as a Stepping Stone

One significant barrier that holds many of us back is the fear of failure. Society often stigmatizes failure, portraying it as something to be avoided at all costs.

However, it is essential to change our perspective on failure.

Failure is not the end; it is merely a stepping stone on the path to success. Every setback provides an opportunity for growth and learning. Embrace failure as a valuable teacher and a necessary part of the journey.



By reframing failure, you can overcome the fear that paralyzes your progress. Acknowledge that failure is a natural part of life and necessary for personal and professional development. Take calculated risks, learn from your mistakes, and keep moving forward.

Unlocking Your Inner Potential

Breaking through barriers requires a conscious effort to unlock your inner potential. This process involves self-reflection, goal-setting, and fostering a

growth mindset.

Begin by identifying your passions, talents, and aspirations. Set specific, measurable goals that align with your vision. Break these goals into smaller milestones, making them more manageable and achievable.

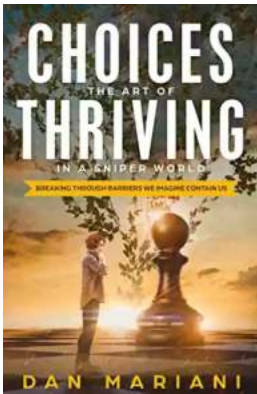


Cultivate a growth mindset, embracing challenges as opportunities for growth. Believe in your ability to develop and improve. Surround yourself with positivity and eliminate self-doubt.

Stay committed to personal growth, continually seeking new knowledge and experiences. Embrace lifelong learning as a means to expand your horizons, broaden your perspectives, and develop new skills.

We often hold ourselves back more than anyone or anything else. The barriers we imagine to contain us are mere illusions of the mind. By identifying and confronting these barriers, embracing failure, and unlocking our inner potential,

we can break free from our self-imposed limitations and achieve extraordinary heights.



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"Our lives are a sum total of the choices we have made." Wayne Dyer

Are you struggling with obligations and stretched thin by demands? Do you fall short of your goals and make impulsive choices without analysis? Can you become more strategic and condition your actions to create more powerful outcomes?

Choices: The Art of Thriving in a Sniper World demystifies decision-making to restore harmony and balance in our lives.

Dan Mariani, a Healthcare Consultant and Wellness Writer, recognizes our whirlwind lives are heavily influenced by the cumulative effects of actions and choices we've made in the past. To change and uplift our lives, we must become more mindful and aware of how our attitude and our moves, like those on the chessboard, matter.

Learn how to reset your thinking! Realize expectations, and optimize mental and physical health. Choices: The Art of Thriving in a Sniper World also provides tools to overcome barriers based upon unwarranted fears and self-constructed impediments. Mariani's solution of rebalancing and deprogramming our minds has been shown to lead to more joy and enable us to achieve greater synergies in our relationships.

Some key chapters that provide a topical guide for the reader:

Fitness – Choosing to be Mentally and Physically Fit
Choosing Health
Overcoming Blockages
Choosing Service: Empowering Self and Service to Others
Decoupling from Stress
Awakening the Bear in You
Decision Points for Living Longer
Loving Ourselves More

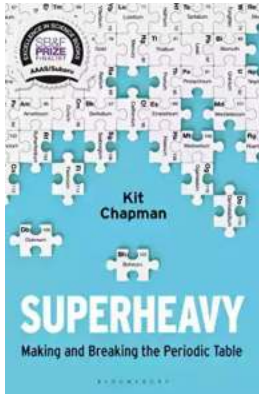
Dan Mariani is a member and trustee of the Long Island Authors' Group. He has spent over 30 years in healthcare roles with Procter & Gamble and Grainger Industrial Corporation. He has consulted with a variety of healthcare practitioners on topics related to disease state management and wellness. He earned a BA from the University at Albany and a MBA from Adelphi University.

He has written two books: a novel entitled The Road to Chapultepec Park: Surviving the Big Freeze and a self-help book: Bicycling with A Purpose: Shift Gears to Lower Stress which is a companion work to this book. Both are available from Amazon and other online publishers.



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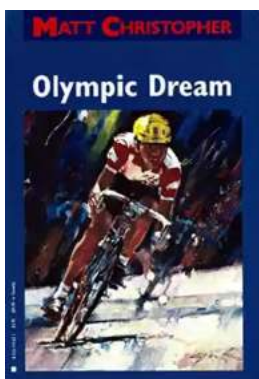
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