



Rise Above: 7 Strategies to Crush Adversity

Nate Miyaki

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Are you ready to tackle the challenges in your life?

Have you hit procrastination station? Are you black and blue from trying to (unsuccessfully) roll with the punches that life throws at you? Are you ready to adopt a new way of dealing with the issues in your life that seem insurmountable? Then you've hit on the right book. *Rise Above: 7 Strategies to Crush Adversity*, takes you step-by-step on an actionable path that can help you tackle any obstacle that comes your way.

Forget everyone else and focus on you

But that sounds selfish, you say. That's not how I was raised. Well, yes. That's not how you were raised to play in the sandbox or taught how to share your toys, but when it comes to your goals and the obstacles you face in achieving them, you must focus on you and stop comparing yourself with others or trying to keep up with the Joneses. And author Nate Miyaki can help you do just that in this book, by reminding you what's important in life and teaching you how to rid yourself of negative thought patterns.

Does my ego look fat in this?

Or: What will everyone else think of me if I try and go after what I truly want? Yes. It's time to stop worrying about what everyone else thinks of you. As much as we think everyone cares about what we're doing, thinking, wearing or how we're behaving, they're really not, says Miyaki. And when you can master this, the revelation will free you up to pursue your goals with gusto. The knowledge won't make the climb any quicker, but you'll at least be able to make the journey with a smile on your face.

Seriously, though, who is this Nate Miyaki guy and why should I listen to him?

Miyaki is an author, athlete, and public speaker who for corporate wellness programs and health and fitness seminars. He also works with private clients – from athletes to business professionals. He's met his own life challenges head on, and aside from being requested as a speaker, he's also shared his wisdom in The Huffington Post, Men's Fitness, Men's Health, Shape, Muscle & Fitness, and Livestrong. Now, he's sharing it here with you.

So what are you waiting for? Read *Rise Above: 7 Strategies to Crush Adversity* now.

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