

# The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level

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"Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves."  
- Mark Victor Hansen, co-author of *Cracking the Millionaire Code*

In *The Big Leap*, Gay Hendricks, the New York Times bestselling author of *Five Wishes*, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and *The Secret* will find useful, effective tips for breaking down the walls to a better life in *The Big Leap*.

Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. "I don't deserve this," "this is too good to be true," or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock.

In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem.

*The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

Gay Hendricks is the author and coauthor of more than twenty books that deal with personal growth, including the New York Times bestseller *Five Wishes* and *Conscious Living*.

#### Other Books

*REACH Your Dreams*. Do you have a picture of your dream, but feel uncertain—or even afraid—of what it'd take to make it real? Do you feel an inner nudge to do something, but have no clear idea of what it is, let alone what to do? Are you frustrated with seemingly just marking time in your life, but don't know what you really want or what changes to make? Are you tired of wondering why things seem to just happen to you and wishing you

had more control over your own destiny? Are you simply looking for a concise roadmap to raise your consciousness in how you live? If your answer to any of these questions is yes, this book has your answers! After feeling lost for many years, even questioning the point of being alive, author Alice Chan can deeply relate to your discontent and pain. She transformed her life by shifting her perspective from victimhood to self-empowerment. Based on her own success, she has developed a roadmap to step you through how to do the same for yourself. By following these five steps, you too can create the life of your dreams:

- Release limiting beliefs and hidden barriers blocking your path to your dreams.
- Envision living the life you want and having your dreams fulfilled.
- Act on inner guidance to fulfill your dreams—one smart step at a time.
- Celebrate the good in your life—even the little things—and attract more reasons to celebrate.
- Honor the current you and where you are in life, as you create from the here and now.

Are you ready to empower yourself to REACH your dreams?

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