



# Time Isn't the Problem, You Are: Four Strategies to Transform Stress Into Success

*Chad E. Cooper*

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If you're not enjoying success, then it's time to look in the mirror and ask "Why?" The answer is probably staring right back at you. You're probably the reason you haven't achieved your dreams.

We all start out in life expecting to live the life we want. For many, if not most, those early hopes get dashed when the realities of rent payments, nasty bosses, indifferent spouses, unexpected illness, or uncontrollable events turn our dreams into disillusionment. Instead of thriving, life just becomes a march of survival and people grow older and bitter as they remember their early hopes as wistful memories. The more cynical will even mock their younger selves for believing they could ever have had what they see others achieving.

Yet there are countless examples of people who are living the life of their dreams. We see them on TV all the time—people like Bill Gates, Oprah Winfrey, Richard Branson, and George Clooney, to name a few. They manage to juggle work, family life, community life, and personal pursuits in seemingly effortless fashion, with a smile on their face, purpose in their walk, and passion in their attitude.

Anyone can achieve what they want, just like these people do. There's nothing extraordinary about them. They have no elixirs. What they do have, however, are qualities that keep them performing at their highest level, qualities that anyone, including you, can have ... if you know how to develop them.

*Time Isn't the Problem, You Are* is the twenty-first century guidebook for everyone who feels stuck in their life and wants to change but doesn't quite know where to begin. It's a thorough, entertaining, informative, easy to understand yet challenging and action-inducing program that's designed to get you to start living the life of your dreams right now.

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