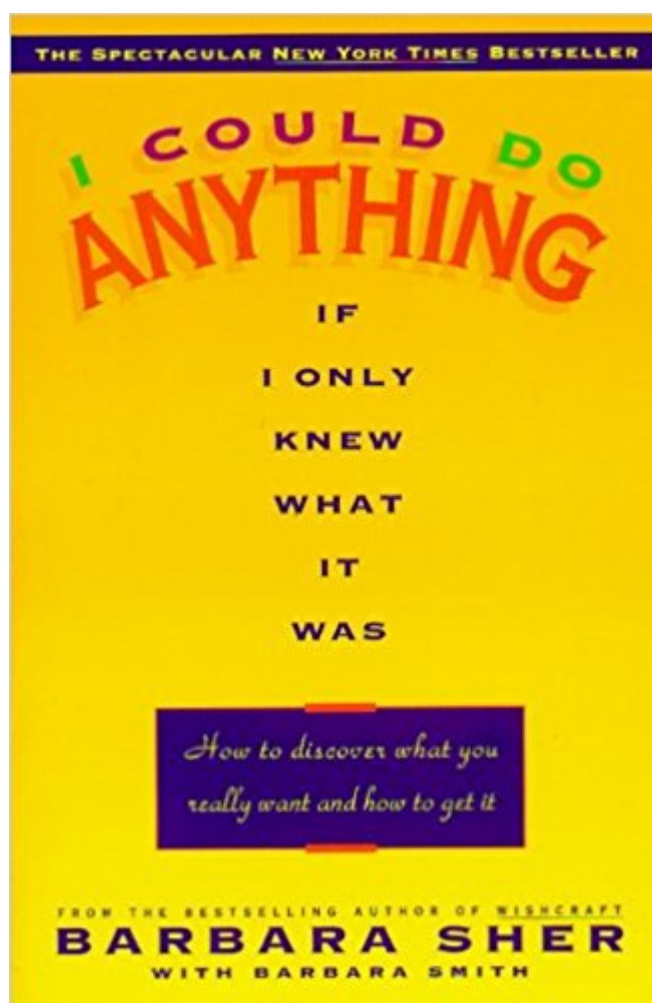


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# I Could Do Anything If I Only Knew What It Was: How To Discover What You Really Want And How To Get It



## Synopsis

If you suspect there could be more to life than what you're getting...if you always knew you could do anything if you only knew what it was, this extraordinary book is about to prove you right! A life without direction is a life without passion. The dynamic follow-up to the phenomenal best-seller *Wishcraft, I Could Do Anything If I Only Knew What It Was* (the New York Times Bestseller) guides you, not to another unsatisfying job, but to a richly rewarding career rooted in your heart's desire. And in a work of true emancipation, this life-changing sourcebook reveals how you can recapture "long lost" goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams forever! You will learn:

- What to do if you never chose to be what you are.
- How to get off the fast track--and on to the right track.
- First aid techniques for paralyzing chronic negativity.
- How to regroup when you've lost your big dream.
- To stop waiting for luck--and start creating it.

## Book Information

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## Customer Reviews

"A life without direction is a life without passion," says motivational specialist, therapist, and career counselor Barbara Sher. In *I Could Do Anything If I Only Knew What It Was*, a sort of broader, less dense, and less intimidating version of *What Color Is Your Parachute?*, she reveals how to "recapture long lost goals, overcome the blocks that inhibit your success, decide what you want to be, and live your dreams." This is a perfect book for new college graduates or anyone sick and tired of languishing in a dead-end job or relationship--yet reluctant to make drastic life changes due to uncertainty about what would actually inspire them. *I Could Do Anything* combines the

I'm-not-buying your-excuses inspiration of Dr. Laura Schlessinger with the soothing, analytic encouragement of Dr. Martin Seligman in his classic *Learned Optimism*. In other words, Sher will pick you up off your butt and get you moving. She's included enough self-analytical exercises in here to save you hundreds of dollars in therapy. Whether you're looking to make improvements in your job or personal life, Sher will teach you how to determine what your goals are, and how to successfully reach them--even if right now the only thing you know is that you're vaguely to very unhappy and haven't the foggiest idea what to do with yourself.

Therapist Sher's guide to discovering and attaining personal and career goals was a PW bestseller for five weeks. Copyright 1995 Reed Business Information, Inc.

This got me curious about Barbara Sher - who she is, what she does.... I'm going to have to do some digging and reading. This is a good book. I initially started by typing myself into a very narrow bandwidth and figured that most of the book wouldn't be 'for me' but then got interested in reading the rest of it - and found myself all over the pages. I could have used this book at several stages of my life - the most recent being a few years back when my disabled son moved into a group home. For me it was bigger and scarier than a bull in a china shop - I was the bull in the whole of China - things I could do stretching off into the horizon every direction I looked. People in their last years of high school or starting their last units at Uni would do well to have a good read of this. Apart from anything else, there's the comfort of knowing you don't have to do ONE thing forever. Choose again. Choose differently. Learn something new, try it out, see what you find. I'll read this again.

This is an easy read with great insights into very normal human behaviours. I read this twice over a period of years and came to accept that perhaps scanning is right for me at this time in my life. I have recommended this book to others, particularly young people faced with so many choices but not knowing what they want to do. Between readings I stumbled upon another read questioning the drive to "follow your passion" with instead doing something you are good at. The good thing about Barbara's idea is that nothing has to be forever and scanning is actually not new.

This book covered every question I could think of about life transition like: (1)What do I really love and what do I want to do with the rest of my life? (2)What's keeping me from moving forward in my life? (3)What is resistance and where does it come from? (4)What part of me is my real-self and why has it been in hiding so long? (5)Why action is better than analysis when I'm in a low mood? (6)How

to move beyond a hurtful past. (7)How to overcome narcissistic tendencies. (8)How to claim and create a new life for myself. Barbara Sher demonstrates how understanding that there is a reason for everything and finding that reason, can literally transform one's life. She encourages compassionate understanding as opposed to deep analysis of problems. She supplies creative, fun exercises that help target and clarify the answers to a myriad of questions. Her suggestions are priceless, like how to create your own support system. This book is an artful fusion of creative career counseling, wise therapy, motivational inspiration and plain old common sense teaching. I've never seen so much information given away in one book. You'd think it would have taken her a lifetime to write. Thank you Ms. Sher for the best book I have ever read!

Barbara has so many fascinating observations about the many ways we prevent ourselves from getting what we want. She also has great practical exercises - you must do the exercises - and when you do you will have both great insights about yourself and what you want, as well as practical things to do to get started on the path.

This book helped me during difficult times when I was feeling lost and off track. It tells you where to start finding what you love, why you may deny to yourself what you love and that is ok to like many things at the same time. I gave it as a present to a very special person because it's a very special book.

Some people have complained that this book is not helpful, but Barbara does everything possible to help you figure out what your passion is. She has every kind of exercise you can think of and is a good alternative to seeing a therapist. You don't have to do them all, but if you can't figure out what your passions are after reading this book, you are a complete moron. A book can only motivate you so much, the rest is up to you. It is hard to take those first steps and start a business. This book is definitely worth the read for those of us with minds all over the place, can't settle on one idea. I also bought *Refuse to Choose* but haven't started it yet.

I checked this book out from the library so many times, I had to buy it. I was so inspired and wanted to highlight so many tips and ideas that I decided to buy the book on . I ended up buying a few for friends and family. I am now looking at B. Sher's other books to find some new favorites to add to my library. This book has helped me uncover some questions in my life, and to be o.k. with who I am and the way I operate. Thank you Ms. Sher!update: 6/2017I continue to order this book for

friends when they are trying to figure out what they want to do with their lives or what direction they want to go in.

I bought Barbara Sher's "I Could Do Anything" and "Refuse to Choose..." because I had seen a video clip of Barbara and really connected with her very direct approach to sorting out life direction issues. I had run across her concept of "scanners", people driven by a broad range of interests in life and the focus of Barbara's book "Refuse to Choose..." which I write about elsewhere. Keep in mind that this book, "I Could Do Anything", is not a book just about "scanners". It offers guidance and exercises to help all personality types get a better handle on who they are and how to use that new understanding to create a more fulfilling life for themselves. Personally, I found "I Could Do Anything" helped me get past my considerable mind chatter to find out what's deeper inside me, driving me in life. I also have learned a great deal about how beliefs developed early in my life, though no longer useful as an adult, continue to underly many of the choices I make that keep me stuck. I found the practical processes very effective in becoming aware in a day-by-day and moment-by-moment way of where my focus is. With that awareness I'm now more able to make choices that keep me moving with the natural flow of my talents and desires. I must say I highly recommend "I Could Do Anything" and if like me you resonate with the section on "scanners" I recommend getting "Refuse to Choose...". It's a real workbook for "scanners".

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