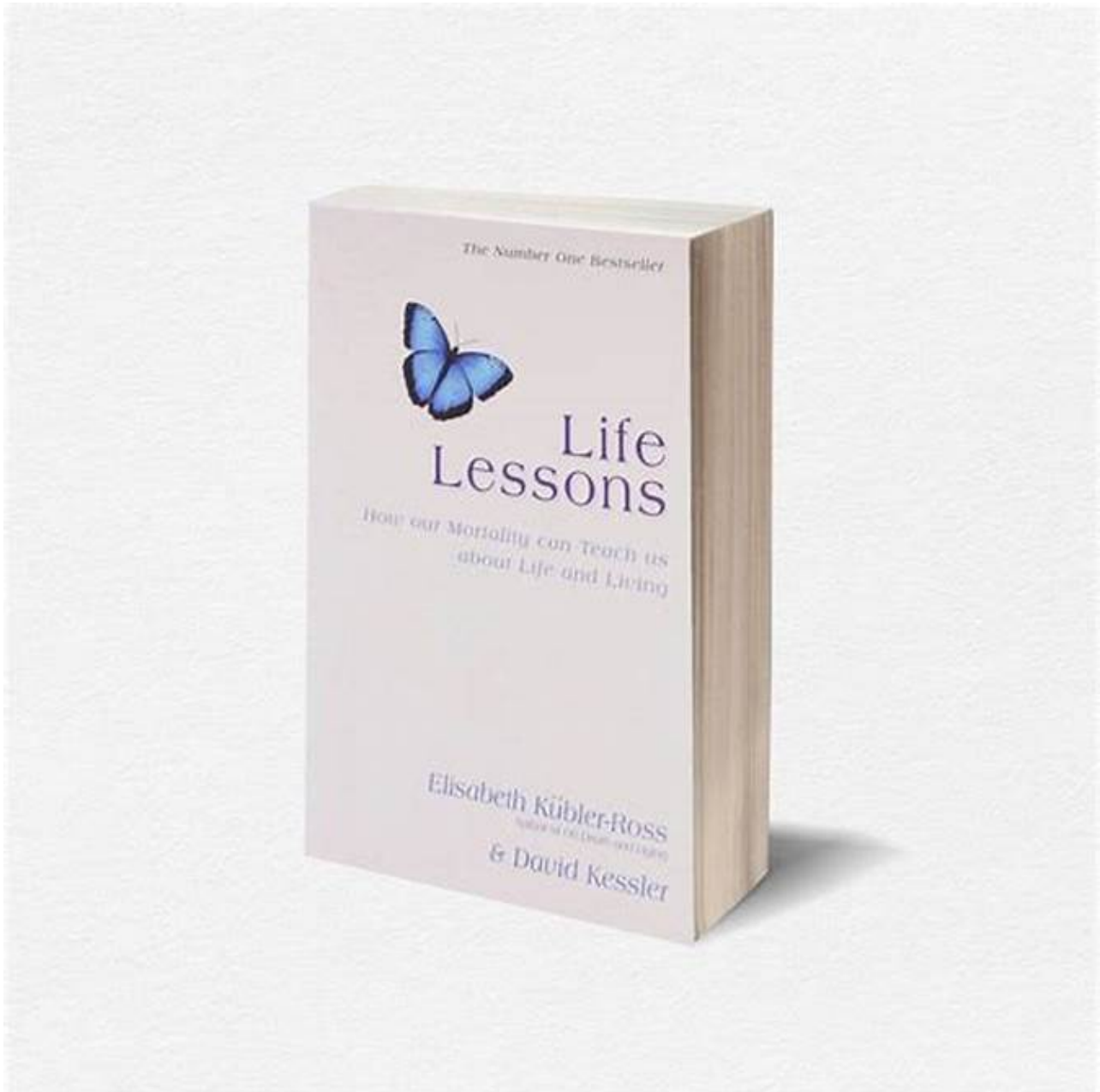


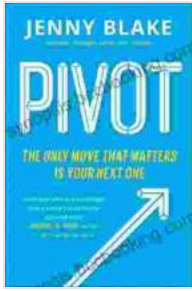
# The Only Move That Matters Is Your Next One: A Guide to Overcoming Obstacles and Achieving Success



## Pivot: The Only Move That Matters Is Your Next One

by Jenny Blake

★★★★☆ 4.5 out of 5



Language	: English
File size	: 4399 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 283 pages
Screen Reader	: Supported
X-Ray for textbooks	: Enabled



**In this inspiring and practical guide, bestselling author Elisabeth Kübler-Ross and renowned psychiatrist David Kessler offer a roadmap for navigating life's challenges and achieving lasting success.**

Drawing on their decades of experience working with people from all walks of life, they identify the five essential stages of growth and provide powerful tools and strategies for overcoming obstacles, embracing change, and finding meaning and purpose in life.

### **The Five Essential Stages of Growth**

1. **Denial:** This is the stage where we refuse to accept the reality of our situation. We may pretend that nothing has happened or that it's not as bad as it seems.
2. **Anger:** Once we can no longer deny the reality of our situation, we may become angry. We may lash out at others or blame ourselves for what has happened.
3. **Bargaining:** In this stage, we try to make deals with ourselves or with others in Free Download to avoid the pain of our situation. We may

promise to change our behavior or to do something different if only things could go back to the way they were.

4. **Depression:** This is the stage where we feel overwhelmed by our grief and loss. We may feel hopeless and worthless, and we may withdraw from the world.
5. **Acceptance:** This is the final stage of grief, and it is where we come to terms with our loss and begin to move on with our lives. We may not be happy about what has happened, but we accept that it is a part of our past and that we can no longer change it.

## Overcoming Obstacles

Life is full of obstacles, but they don't have to stop us from achieving our goals. In *The Only Move That Matters Is Your Next One*, Kübler-Ross and Kessler offer a number of strategies for overcoming obstacles, including:

- **Identify your obstacles.** The first step to overcoming an obstacle is to identify what it is. Once you know what you're up against, you can start to develop a plan to overcome it.
- **Break down your obstacles into smaller steps.** If an obstacle seems too daunting, break it down into smaller, more manageable steps. This will make it seem less overwhelming and more achievable.
- **Take action.** The best way to overcome an obstacle is to take action. Don't wait for the perfect moment or the perfect circumstances. Just start taking small steps forward, and you'll eventually reach your goal.
- **Don't give up.** There will be times when you want to give up, but don't. Remember, the only move that matters is your next one. Keep moving forward, and you will eventually overcome your obstacles.

## Embracing Change

Change is a part of life, but it can be difficult to embrace it. In *The Only Move That Matters Is Your Next One*, Kübler-Ross and Kessler offer a number of strategies for embracing change, including:

- **Be open to new experiences.** Don't be afraid to try new things and step outside of your comfort zone. You may be surprised at what you discover.
- **Let go of the past.** Holding on to the past can prevent you from moving forward. Let go of the things that no longer serve you, and make room for new experiences.
- **Trust the process.** Change can be scary, but it's also an opportunity for growth and renewal. Trust that the process is working, and that you will eventually come out stronger on the other side.

## Finding Meaning and Purpose

Everyone wants to feel like their life has meaning and purpose. But what does that mean, and how do we find it? In *The Only Move That Matters Is Your Next One*, Kübler-Ross and Kessler offer a number of ways to find meaning and purpose in your life, including:

- **Connect with your values.** What are the things that are important to you? What makes you feel alive and fulfilled? Once you know what your values are, you can start to live your life in alignment with them.
- **Help others.** One of the best ways to find meaning and purpose in your life is to help others. When you help others, you're not only

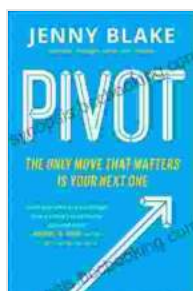
making a difference in their lives, you're also making a difference in your own.

- **Live in the present moment.** The past is gone, and the future is unknown. The only thing you have control over is the present moment. So make the most of it! Live in the present moment, and you'll find that your life has more meaning and purpose.

*The Only Move That Matters Is Your Next One* is an inspiring and practical guide to overcoming obstacles, embracing change, and finding meaning and purpose in life. Drawing on their decades of experience working with people from all walks of life, Elisabeth Kübler-Ross and David Kessler offer a roadmap for navigating life's challenges and achieving lasting success.

If you're ready to make a change in your life, this book is for you. *The Only Move That Matters Is Your Next One* will help you overcome your obstacles, embrace change, and find meaning and purpose in your life.

Free Download your copy of *The Only Move That Matters Is Your Next One* today



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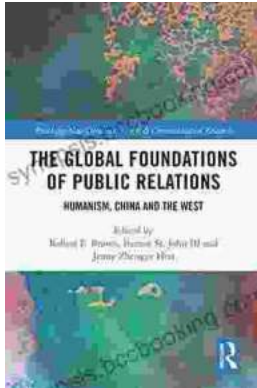
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