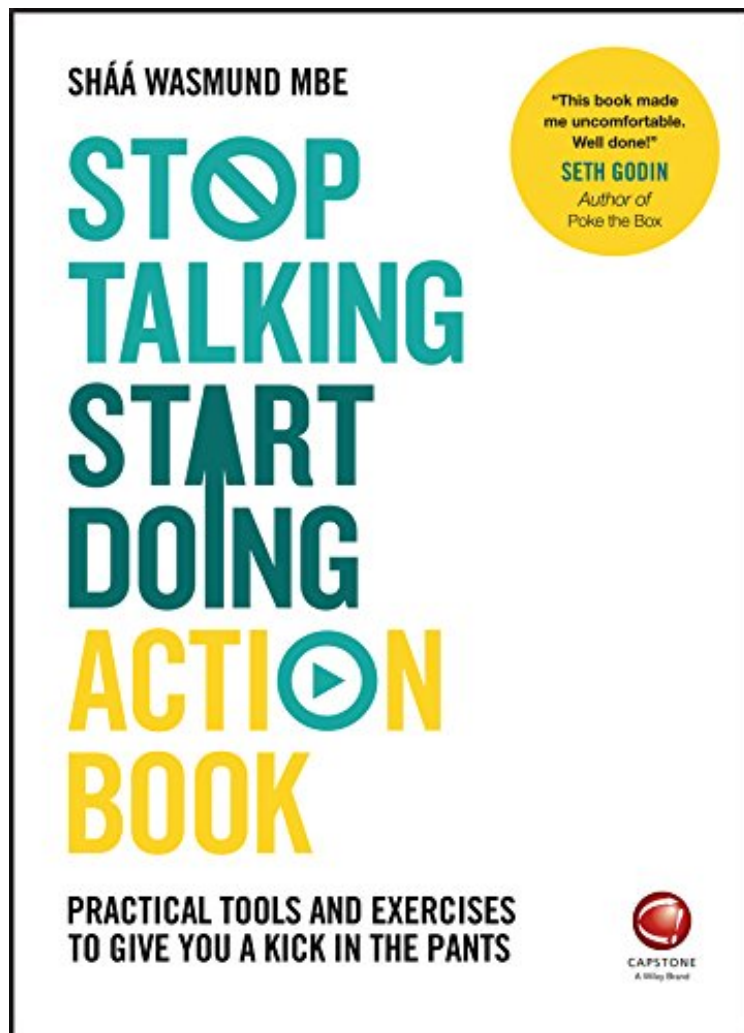


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## Stop Talking, Start Doing Action Book: Practical tools and exercises to give you a kick in the pants

Shaa Wasmund

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A motivational kick in the pants to get the most out of your life Have you got an itch? To start your own business, go

to the North Pole, retrain, lose weight, get promoted, learn to play the ukulele? Or do you just have a nagging sense that there must be more to life? If there is something you really want to do, but secretly fear you'll never do it then you need this book. The original Stop Talking Start Doing helped readers to move from talking to doing. To climb into the ring and face their fears about making their thing happen. It helped readers to understand why they had fears and why starting was easier than they thought. It encouraged them to start somewhere, anywhere. The Stop Talking Start Doing Action Book will help you to identify where or what that starting point should be, and how to build from there to make your thing happen. It will help you to evaluate why you have procrastinated until now and identify the small steps you need to take to make it happen. But it will help you to plan beyond that. It will help you see how you can execute your idea through small, simple steps that are right for you, rather than one undefined, daunting task. Find sources of inspiration that work for you and learn how you can draw upon them as you go, draw confidence from previous experiences, and find the self-discipline you need to make swift decisions along the way. Identify your personal starting point Take the first steps to set your plan into motion Find your inspiration and self-discipline Build confidence in your quick decisions along the way

ldquo;This book descales you of excuses, removes stubborn resistance and eliminates a messy life of torpor and replaces it with one of excitement and meaning. Every life and home should have one.rdquo; (Daily Express, May 2016)From the Back CoverTIME TO WALK THE TALK. Is there something you really want to do, but secretly fear you can't do it? Or is it the case that you just haven't got round to trying yet? SMALL STEPS. STARTING TODAY. Your life is racing by and so there's no better time than right now to start doing the things you want to do. Of course, you probably have fears, and this is completely natural, but understanding them will keep you on top. With this action book, you'll find practical tools and exercises to give you a kick in the pants. And then you'll find that starting can instantly make things change. And that's the trick you see. Simply start somewhere. Anywhere. But do it now. Praise for Stop Talking, Start Doing: "To achieve anything in life you have to start somewhere, be it writing a book, starting a business or climbing a mountain, this book will set you on your way." SIR RANULPH FIENNES OBE, The World's Greatest Living Explorer "Shaacute;aacute; embraces fear without regret and through this book convincingly urges others to as well." SIR JAMES DYSON, Inventor and Industrial Designer "This is a great book; straightforward and to the point. To achieve the goals you set yourself, you have to take action and this book will help you do just that." DEBORAH MEADEN, Entrepreneur and Investor "A superb book that has the power to change your life." ROBIN SHARMA, #1 bestselling Author of The Leader Who Had No Title and The Monk Who Sold His Ferrari "Clever, quick, easy to read and fun." BRAD FELD, MD Foundry Group, Tech Stars founder and Co-Author of Do More Faster and Venture Deals