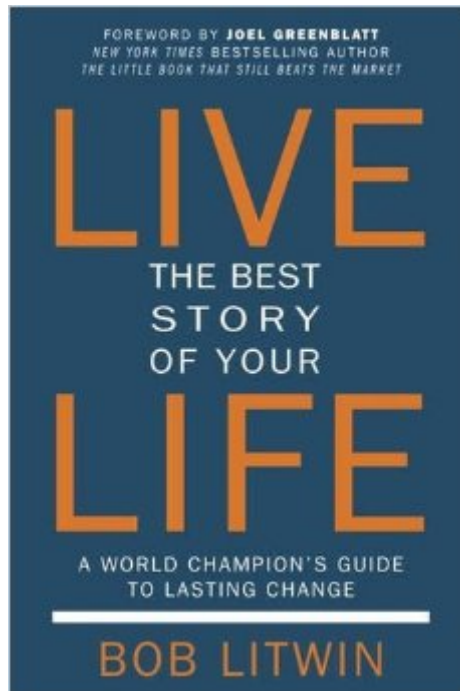


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# Live The Best Story Of Your Life: A World Champion's Guide To Lasting Change



## Synopsis

CHANGE CAN BE EASY. CHANGE CAN BE FAST. Do you want a new story? Most of us do. We are all looking to shift the stories in our lives. But the question remains: How? This book is the how. A result of thousands of hours of research from the best minds in the field of human potential, *Live the Best Story of Your Life* harnesses the power of your personal story and provides a guide to creating positive shifts in any area of your life. Bob Litwin, a leading performance coach on Wall Street and a World Champion tennis player, brings you 33 personalized coaching sessions that will help you reach new levels of success on every level of your life. Where therapy fails, his brand of storytelling is a faster, more effective way to lasting change. *Live the Best Story of Your Life* does not shift what we do, it shifts who we are. It will also show you how to:

- Get clear on your old stories and learn to leave them in the past.
- Discover the excitement and energy of your new story.
- Access the 33 strategies followed by people who always seem to win at life.

Are you on the cusp of a brand new story? If you can feel change brewing, if you want that change to be painless and almost instantaneous, *Live the Best Story of Your Life* is your hand to hold, your private coach, the map you've been waiting for to live the best story of your life.

## Book Information

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## Customer Reviews

Bob Litwin has done an outstanding job of generalizing the lessons he's learned from coaching and playing competitive tennis to living a life. These lessons are integrated with his own story of personal rebirth born out of the tragic loss of his first wife. The combination of concrete exercises (he lists 33 Personal Coaching Sessions) enhanced by his personal story makes his *Live The Best*

Story of Your Life a compelling read. Litwin's basic thesis is a simple one: often the stories which we tell ourselves about ourselves prevent us from achieving our goals or just plain old make us unhappy. Put your Old Story in writing, he says, and get to know it. Then write your New Story as the person you would like to be. His 33 Personal Coaching sessions are the tools which you can use to enable yourself to change. As Litwin is careful to point out, not all 33 Sessions will resonate for every individual in every situation. If a particular Session does not resonate, move on, he says, maybe the next one will. My particular favorites were Celebrate Your Successes/Shrink Your Failures and Fake It 'Til You Make It. If you're thinking about making a change, this book is a good place to start.

I have to recommend this book like my hair is on fire. The lessons that Bob tells in this book are life-altering. Bob knows what winning looks like and what comes from both winning and losing. Bob has experienced a wide range of emotions in his life and he puts those to work for the benefit of all of us mortals. I have been looking forward to this book for months. I am very happy that we all can have the benefit of Bob's life's lessons. I must admit that I have met Bob in "real life" and he is all this book represents plus 10X. Bob is personable and sincere and you can tell when you are with Bob that he cares more about improving your world than anything else.

I first heard about Bob and his story from a friend who knows him well. I was very impressed and eagerly awaited the release of his book. I have since read it and applied its ideas. Bob's "New Story" concept has strongly resonated with me and made real change more immediate, lasting, and possible, than with other approaches I have tried over the years. I enjoyed Bob's personal stories, and those of others, and found it enlightening to discover that even the highest performing individuals have the same personal challenges and concerns to overcome as any of us. Bob's approach has helped them and can work for us too. Bob's personality, passion, and professionalism shine through in this book, and I cannot recommend it highly enough.

I met Bob several years ago and found his advice on writing a New Story to be sound, relevant, and standing the test of time. When I read that he was putting his words of wisdom in a book, I placed my order even before the publisher's ink had dried. I highly encourage readers to add this book to their libraries or give it to anyone they care about, Bob makes positive, lasting change simple yet effective. His story is compelling and his guidance is needed in today's complex world where people need practical solutions to effect positive change.

Throw away your self help books, get rid of the story that change is hard, here comes a completely new era of possibility. Bob Litwin is astonishing. In this powerful book that takes so little time to read, we are moved out of the bad stories we didn't even know we were telling and into a vast new vista of incredibly beautiful possibility. And, in the time it takes to tell a story, that possibility turns into reality. This is the elixir our culture has been looking for. Can't recommend it enough.

Want to escape with a powerful book that will change your life? Then read *Live The Best Story of Your Life*, written by Bob Litwin, one of the worlds' champion tennis players. After reading this wonderful book, you will not need to pick up another self help book. This is your bible. You can get rid of the past and adapt new changes, be it in sports, business, relationships, dieting/nutrition, addictions, or any shifts you wish to make in your personal life. Bob teaches you his unique method to transform your mind in such a simplified way so that you will reach new life successes. If you want to achieve a 'new you' in life and it's never too late, read the powerful teaching of *Live the Best Story of Your Life*.

This book is a must read for anyone who wants to improve in any area of their life â€” not just tennis. I have known Bob personally for 13 years - meeting him for the first time in the quarter finals of a 55+ tournament, and after he beat me badly, he spent nearly an hour talking to me about my game and attitude toward winning. As we got to know each other better, Bob was always doing what he could to help me improve, simultaneous with his own personal growth that he achieved through mental training, not hitting more tennis balls. Knowing that he was a good club player in his 30s, to becoming #1 in the US, and then in the world in numerous age groups â€” helped Bob realize that he had discovered a gift to help people unleash their own potential, and has written this amazing book to help others along their own path â€” by re-writing their own stories. Help yourself by reading this book â€” you won't be able to put it down.

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