



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

By Barbara Sher, Barbara Smith

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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.

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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 By Barbara Sher, Barbara Smith Bibliography

- Sales Rank: #20056 in Books
- Color: Yellow
- Brand: Dell Publishing Company
- Published on: 1995-08-05
- Released on: 1995-08-05
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .70" w x 6.10" l, .75 pounds
- Binding: Paperback
- 322 pages

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### **Editorial Review**

Amazon.com Review

"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.

From Publishers Weekly

Therapist Sher's guide to discovering and attaining personal and career goals was a PW bestseller for five weeks.

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From Library Journal

Although Sher's *Wishcraft: How To Get What You Really Want* was "more silliness of the self-help genre" (LJ 11/1/79), it boasts more than 500,000 copies in print. Here, the author addresses self-helpers less sure of their goals.

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### **Users Review**

**From reader reviews:**

**Sam Grimes:**

The book *I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It* make you feel enjoy for your spare time. You may use to make your capable more increase. Book can for being your best friend when you getting strain or having big problem with the subject. If you can make reading through a book *I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It* to be your habit, you can get far more advantages, like add your own capable, increase your knowledge about a few or all subjects. You could know everything if you like available and read a publication *I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It*. Kinds of book are a lot of. It means that, science guide or encyclopedia or some others. So , how do you think about this publication?

**Norman Brown:**

Now a day those who Living in the era exactly where everything reachable by match the internet and the resources in it can be true or not involve people to be aware of each information they get. How individuals to be smart in receiving any information nowadays? Of course the answer then is reading a book. Studying a book can help people out of this uncertainty Information specially this I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It book as this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it everbody knows.

**Carey Gilliam:**

A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent the whole day to reading a guide. The book I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It it is very good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not very costly but this book possesses high quality.

**Carlos Moses:**

I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It can be one of your nice books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to get every word into delight arrangement in writing I Could Do Anything If I Only Knew What It Was: How to Discover What You Really Want and How to Get It although doesn't forget the main place, giving the reader the hottest as well as based confirm resource information that maybe you can be certainly one of it. This great information could drawn you into fresh stage of crucial thinking.

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