



Summary: Get Out of Your Own Way - Robert Cooper: The Five Keys to Surpassing Everyone's Expectations

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Complete summary of Robert Cooper's book: "Get Out Of Your Own Way: The Five Keys to Surpassing Everyone's Expectations".

This summary of the ideas from Robert Cooper's book "Get Out of Your Own Way" shows that some individuals and teams achieve what others consider to be impossible. This summary highlights that the biggest barrier to accomplishing your dreams is never external. Instead the biggest barrier is always internal – how your mind works and operates. To accomplish more, you've got to train your brain to think differently. If you can do that, you in effect get out of your own way so you can move forward to greater personal success. Your brain doesn't even realize it stands in the way of achieving more. It defends established habits, encourages you to stick to a routine, keeps you from taking risks and prefers the known to trying new things. All of these patterns are helpful when playing it safe was an imperative but they are far less productive in the modern era. This summary highlights 5 keys to get your brain working for you instead of against you.

Added-value of this summary:

- Save time
- Understand key concepts
- Increase your business knowledge

To learn more, read "Get Out of Your Own Way" and discover how to perform the best in leadership and life.

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