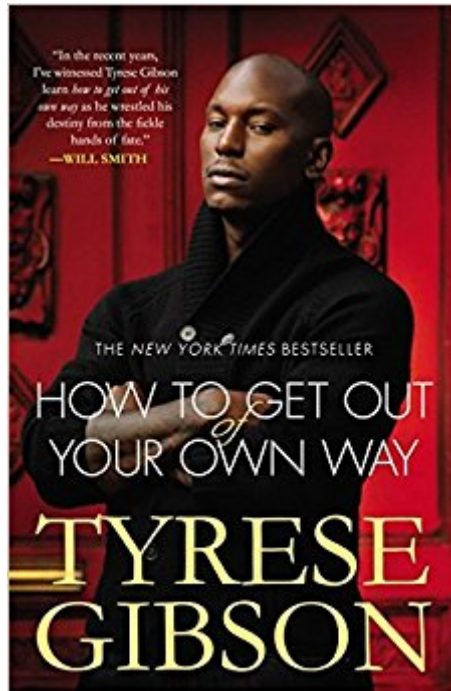




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How To Get Out Of Your Own Way



Synopsis

HOW TO GET OUT OF YOUR OWN WAY is organized into a series of fundamental questions that helped Tyrese redefine who he was as a human being, and evolve into a new man. Tyrese stresses that life becomes infinitely richer when one takes the time to know him or herself and understand the true meaning of peace and fulfillment. This book is a guide to helping yourself, using his experiences as a learning tool. "It's not about talking down to people, it's about elevating them," Tyrese says. Some of Tyrese's chapter-based questions include: How much do you love yourself? How much do you want for yourself? Why do men cheat? What is your bottom line? Are you ready for the next level? Quotes and Reviews: "An uplifting and inspirational guide." -Kirkus Reviews "Tyrese wholeheartedly shares his life experiences and how he discovered a new road map of conscious compassion and love to define his true potential." --Deepak Chopra, author of The Soul of Leadership "HOW TO GET OUT OF YOUR OWN WAY is a triumph. Tyrese will shock and amaze you with how he overcame the odds and became a superstar. This star of the Transformers sequel will show you how to transform your life in this amazingly candid book!" --Rev Run "I've watched Tyrese for many years - I've watched him succeed; I've watched him fail; I've seen him as a beneficiary of serendipity, and I've watched him suffer at his own hand. And in the recent years, as we've become friends, I've witnessed Tyrese Gibson learn how to get out of his own way as he wrestled his destiny from the fickle hands of fate." --Will Smith

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Customer Reviews

"An uplifting and inspirational guide." -Kirkus Reviews"Tyrese wholeheartedly shares his life experiences and how he discovered a new road map of conscious compassion and love to define his true potential." --Deepak Chopra, author of The Soul of Leadership"HOW TO GET OUT OF YOUR OWN WAY is a triumph. Tyrese will shock and amaze you with how he overcame the odds and became a superstar. This star of the Transformers sequel will show you how to transform your life in this amazingly candid book!" --Rev Run"I've watched Tyrese for many years - I've watched him succeed; I've watched him fail; I've seen him as a beneficiary of serendipity, and I've watched him suffer at his own hand. And in the recent years, as we've become friends, I've witnessed Tyrese Gibson learn how to get out of his own way as he wrestled his destiny from the fickle hands of fate." --Will Smith

Tyrese Gibson-known to his legions of fans as "Tyrese"-is an American multi-media entertainer who has been hugely successful as a multi-platinum and Grammy-nominated R&B singer, songwriter, rapper, actor, and fashion model. Born and raised in the gritty South Central L.A. section of Watts, Tyrese was discovered at the age of fourteen when he won a local talent show. His performance in a 1995 Coke commercial, singing the phrase "Always Coca-Cola," led to worldwide recognition and a longstanding music career. After releasing several award-winning albums, he transitioned into films, first with John Singleton's critically acclaimed Baby Boy, followed by some of Hollywood's biggest movies, including 2 Fast 2 Furious, Four Brothers and Michael Bay's Transformers. Tyrese created the bestselling comic book Mayhem and produced the television show First In. He is currently working on his sixth studio album.

I had been meaning to read this book for some years. I finally decided to order it and read it, and I honestly do not regret it. I like honest and straight to the point authors. I love how Tyrese takes you back to how he grow up and how alot of the choices he was making were simply because of his environment. I also love that despite his upbringing, he did not allow that to be his crutch. Very inspiring.

I used this for a small group reading and I do believe that it shed new light on what it means to love yourself. I also gained knowledge and respect for Tyrese Gibson as a person, an actor, a singer, etc. He is NOT your typical spoiled-brat star. He's from the Hood but that is only his point of departure. He has grown and shares his journey from Watts to Dubai. LOVE you, Tyrese.

This was a very inspiring and interesting book. I like hearing about his story while growing up. I was interested in how he got into the business. The book kept my attention the way he wrote about his life. It helped me feel hope, and know I can make it through tough times.

I heard Tyrese on an A.M. talk show discussing his book. I was intrigued and I have always had a favorable impression of Tyrese and I've enjoyed his work. I read an excerpt of the book and it spoke to me. As a man (and a minority) I have struggled through all types of adversity and achieved a reasonable level of success. I recently lost my job and have been evaluating my next move and what I want my life to be. Tyrese sharing the obstacles in his life and how he overcame them and what he still is working on has been a huge benefit to me. Everyone can learn something about themselves from reading this book no matter what your socioeconomic status, race or gender is. I applaud you Tyrese and thank you for writing this book and revealing yourself and how you got out of your own way to the benefit of others like myself. I have recommended this book highly to others and have purchased several copies and have given them to others in hopes that they will receive the same benefits I have from reading this. Be blessed Tyrese and I look forward to reading the "next book" and following your journey through life as you continue to reach new heights. Team Tyrese is NO JOKE! Transformers was excellent also!

I'm absolutely against self-help books, I believe them to be tacky and generic... so I wasn't too keen on reading this at first but a friend really recommended it, and I'm so glad that he did. This book has given me so much insight and has opened my thinking so much more about myself and my life. Tyrese really personalized his experiences and made me feel more at ease with how s***ty of things I've been doing and allowing in my life. I'm not even finished with the book but I'm already so into it, lol.

Got it for my husband he loves the book said its a great read for men

This is a truly insightful book that makes you think. What am I doing that's stopping me from being a success at what I want in life? Most often we want to blame others or our circumstances when we are our own worst enemy. I loved this book and will be reading it again.

This book was recommended to me by my brother. And I have to say I was surprised at all the insight and knowledge that one of my favorite singers had to offer.

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