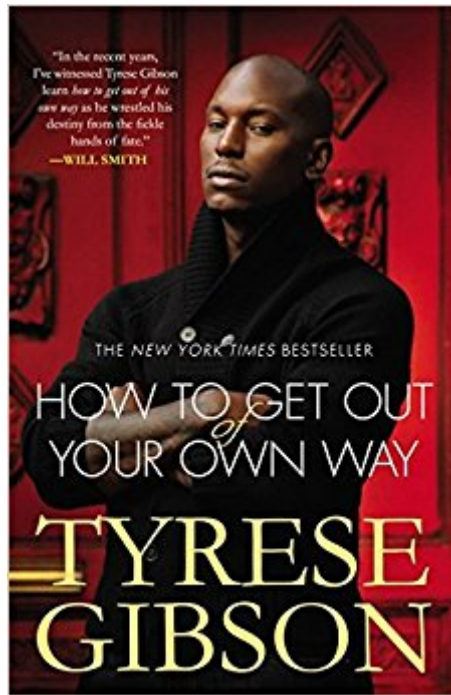


The book was found

# 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

## Book Information

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## Customer Reviews

I was not a tyrese fan. He has a good voice I thought but what could a kid from the hood teach an

upper middle class African -American woman with a juris doctorate, money, and status. As an entertainment attorney for many years I just thought "how hollywood of him to release a book during the same month his movie furious five is released."Days later I found myself drawn to the book-opened the cover-started reading the introduction and couldn't put it down. I finished the book in 3 days.3 days later, I am now a tyrese fan and send out my apologies for "judging a book by it's cover". Tyrese speaks to women and men alike with his words: "How much you love yourself is a direct link to the people you surround yourself with; The way you allow people to treat you." And more importantly the way your body and your home look are direct reflections of your mind-set and how much you love you.Each word cut like a knife through my brain twisting and turning and cutting out negative thoughts.I was letting go of my past, my wrong decisions, my wrong thinking with the turn of each page.Thanks Tyrese for Sharing Your Truth and I apologize emphatically for judging a book by it's cover.P.S.-I encourage all of you to send a copy of this book to someone who you love enough to help transform their lives through Tyrese's words. In the process, you are also helping Tyrese become a best selling author. Everyone Buy Two. It's worth it.

Tyrese's book actually exceeded my expectations. Not only was this book informative, it was very inspirational. My 76 year old father can't stop talking about it. Tyrese thank you for making me take a hard look at myself, I will never be the same. I also appreciate the message for the youth. We need more people (celebrities) to keep it real with our youth. They look to you guys for guidance more than their parents. I humbly thank you. At your request, I am going to make sure your book is available in several prisons in my home state, Illinois. I am also ordering books for several parents in my school district. Thanks again for the positive message brother. May God bless all your endeavors. Much love and respect.Glenda

I ordered this book and sent it to my mom in Oklahoma. I was on the phone with her when the UPS man dropped it off at her house. She tore it open like it was Christmas, and read the inside jacket. She said this is good, and hung up the phone. I couldn't get her back on the phone for three days! When she finally returned from her trance she was in, and said she finished the book and it was the best book she has read in many decades (my mom is old)! The reason why she isn't leaving this response and I am is that she doesn't own a computer. This is what she told me to tell everyone, "That they should read this book, because (Tyrese) this man is a genius and everyone should know about it! Sorry son but he is and your not! When are you going to write a book like this? Well you can't write one like this, but try and write another one. Maybe a pop-up book or something else for

kids" Anyway, she thought it is a Great Book and everyone should read it! Sincerely, Ron Ledford

I concur with the sentiments of this book. Depending on your consciousness level you can see that every thing mentioned does have an impact on where you are trying to get to. Its sincere and compassionate, made me happy and sad. Hope that others will read this book and find peace of mind and patience to take new directions in your life if that is what you need to do.

Overall I enjoyed reading the book by Tyrese. For me the second half was much more engaging. I am happy that he found success. The only part that I had some trouble with is the part on relationships. He was honest about his perspective but it still seems that excuses are found for those men that choose to cheat or like to see multiple women. Yes, he said men should be honest about this and give the women the opportunity to make an informed choice as to whether they want to be in such a situation, but in my opinion it sets up the women to be in competition to try and out do one another while the man benefits from the attention. However, it is what it is. I am glad that Tyrese is trying to plant positive seeds and is encouraging others to be their best, be honest, and take control and responsibility for their own success/happiness or lack thereof.

First of all I would like to thank Tyrese for opening up to the world and shedding light to us in a fatherly way - This books content is strong..every page has a lesson to learn about..highs and lows all the way through..from being a troublesome child ..being kicked from school to growing up and facing growing pains,to having weight issues uncontrollable eating disorders,also having issues with women..Tyrese also talks about how he almost messes his career up due to being extra selfish and immature..This book here definitely has the power to change people's lives and surroundings.High and low therapy all the way throughTyrese is no different from any of us,he has made mistakes..NO..and CAN'T is not in his vocabulary..I was personally going through problems when I read this book..It motivated me to the point of looking for jobs (not run 5 miles yet lol)But yeah I love the book it is definitely a book worth reading.

Like many of the other readers, I too was very impressed with this book.Tyrese opened up his soul to us. He expressed so many things that the average person would be afraid to say or address. I'm grateful that he allowed himself to be so transparent. It shows that we are all human and make mistakes but every now and then you have to do some self reflecting and stop being bound by those around you. You have to be in control of your own enviornment. This book was right on time. I

had already started cleaning house and doing some self reflecting of my own. It was just confirmation of everything I had been thinking. In this book, Tyrese sheds light on so many things. I could continue to right about this but I won't. You just have to read it for yourself. You won't want to put it down. If you have to, it won't be for long. It's a great read. It's just like having a conversation with a friend.

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