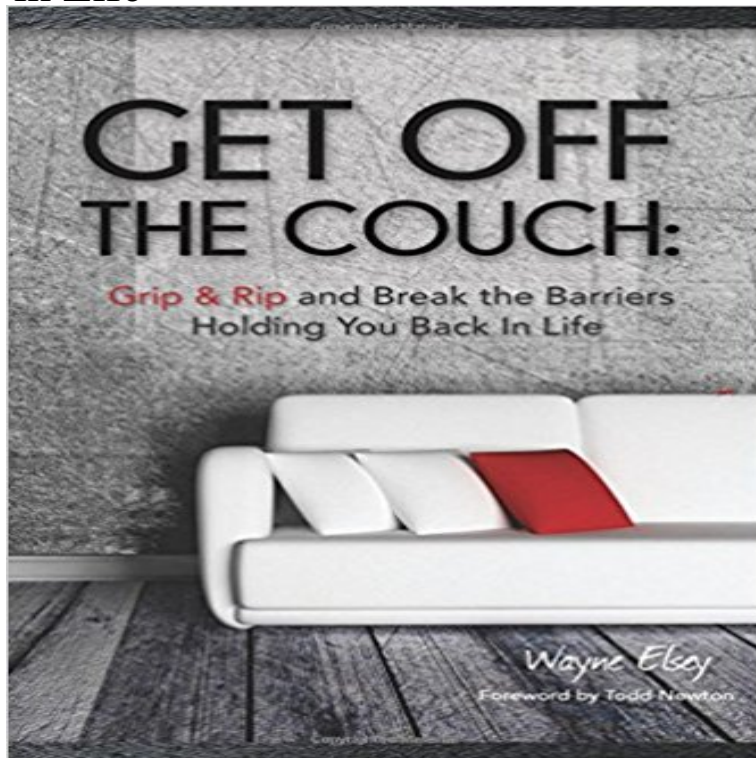


# Get Off the Couch: Grip & Rip and Break the Barriers Holding You Back in Life



Wayne Elsey is a highly sought after and dynamic motivational public speaker. He is an authority on topics related to life success, leadership, business, money, branding and the social sector, including social enterprise and nonprofits. He has been featured on NBC Nightly News, Good Morning America, Today Show, & Fox News. He is also the author of: Not Your Fathers Charity Social Sector Book Series Almost Isnt Good Enough Todd Newton, Daytime Emmy winning game show host and author of Life in the Bonus Round: A Game Show Hosts Road to Success and Fulfillment wrote the Foreword to this insightful book. Learn about the 7 Grip & Rip Principles that will liberate your life. It all begins with attitude. Successful people then take ownership, erase I cant and excuses, get off the couch, commit, do the work and accept the consequences. We all have the capacity to live an exciting life of our choosing. Understand how your relationships, including your relationship with money, are affecting your life. Learn how to make the mental shift to the life youve always wanted to live by making choices. Learn to grab the opportunities life offers us, even in the tough times.

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