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How to Get Out of Your Own Way

Tyrese Gibson

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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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From reader reviews:

Clyde Welch:

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Samuel Tapp:

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