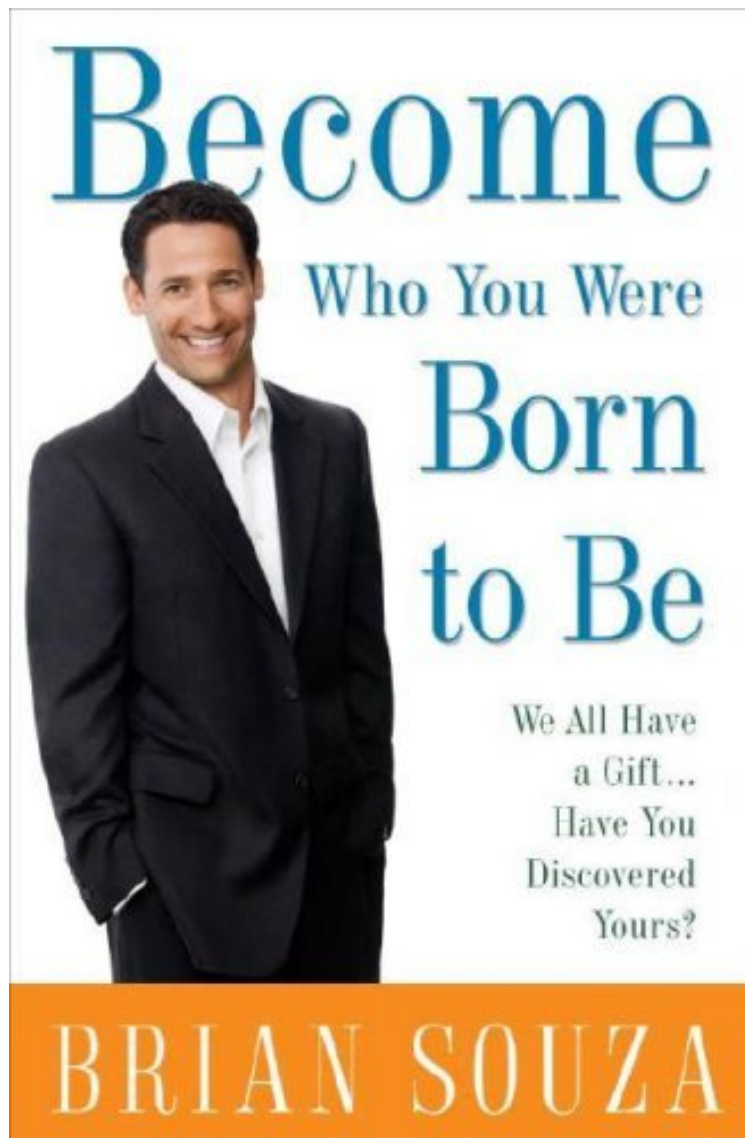


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## **Become Who You Were Born to Be: We All Have a Gift. . . . Have You Discovered Yours?**

*Brian Souza*

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**Brian Souza : Become Who You Were Born to Be: We All Have a Gift. . . . Have You Discovered Yours?** before purchasing it in order to gage whether or not it would be worth my time, and all praised Become Who You Were Born to Be: We All Have a Gift. . . . Have You Discovered Yours?:

3 of 3 people found the following review helpful. A Must Read and Wonderful Gift To Give a Loved OneBy Ashley

Ayres *Become Who You Were Born to Be* is a truly life-changing and inspirational journey of discovery. The author, Brian Souza tells his real life success story and that of many other inspirational "greats" such as Oprah Winfrey, Lance Armstrong, Sylvester Stallone, Garth Brooks, Amy Tan, and many others. The stories are a touching and empowering look into the lives of truly courageous people on their journey to discovering their life's purpose and how they achieved their goals and used their gift to create extraordinary lives. Brian Souza's book is a sincere look at discovering your gift by realizing your passion and purpose in life. Brian gives you the skills to figure out what your gift is and how your outlook governs your outcome and that through controlling your thoughts you can control your destiny. Brian reminds us that dreams are long term, and there are no shortcuts to success, but goals are milestones to our dreams. "Goals are like road signs. They tell us which direction we're heading and how long it should take to get there. To arrive at our destination we must not only be swept up with the excitement of our giant dreams but also committed to the tiny, repetitive intermediate tasks and goals that will lead to its fruition." Patience and perseverance are the keys to discovering your dreams, always remembering that what we focus on tends to happen. He talks about the 5 steps to achieving our goals: First discovering your gift, then developing your gift, next finding an appreciation for your gift, followed by using your gift, and ultimately giving your gift away. He tackles how to discover your gift, achieve your goals, face your fears, follow your personal compass by using your values to guide you, and discovering your true happiness. This life is about dreaming, challenging ourselves, and continuing to grow. This book is very well organized with each chapter being followed with "words of wisdom", an inspiration to remember, and a question to contemplate. I found this book to be truly empowering, a must read. It is a wonderful guide and the author Brian Souza takes you on a sincere journey into understanding how your habits and perspective can control your destiny. It is by understanding the importance of knowing your life's purpose and sharing your gift with others that Brian Souza touches your heart and opens your mind to the power of positive thinking and possibility. After reading this book you will have all the tools you need to embrace your full potential. Ashley Ayres Director of New Business Development for betterSelf Magazine 0 of 0 people found the following review helpful. it's quite brilliant. By Zimbo If you are a human, this book is worth reading. Any age or walk in life, it's quite brilliant. 1 of 1 people found the following review helpful. Inspiration for change By Kathy Harris I had checked this book out of the local library and usually when I finish a book I just return it, but I did not want to return this one. I wanted to be able to go back and read different parts of the book over for inspiration. Change is a scary thing and this book shines a light on the struggles of others, which I find helpful for my own exploration of change. It made me ask myself questions I hadn't even thought of. I'm still not done reading it...it may still take awhile.

Do you ever feel burned out, beat up, or just plain bored, wondering, "Is this all there is?" Do you ever feel trapped in a stressful job that leaves you unhappy and unsatisfied? Do you ever question if you're doing what you're supposed to be doing—if you're fulfilling your life's purpose? If so, you are not alone. Like millions of Americans, Brian Souza found himself in this precarious position a few years back. Despite attending dozens of motivational seminars and devouring the best the self-help industry had to offer, Souza was left wanting more. The turning point came when he finally realized it wasn't artificial motivation he was after; he was really searching for a legitimate reason to be motivated. Thousands of hours of research and countless interviews later, Souza finally uncovered the secrets he was looking for all along: Just as musicians must make music, poets must write, and artists must paint, we all have a unique gift designed for a specific vocation that will bring both meaning and purpose to our lives. True joy and happiness will continue to elude us until we use that gift to become who we were born to be. *Become Who You Were Born to Be* is a blueprint for discovering your unique gift and using it to realize your personal and professional potential. Souza's program for achieving success in all areas of life reveals:

- Four steps to discovering your gift, uncovering your passion, and unlocking your purpose
- How to overcome fears and deal with change
- How to work passion into your profession
- Why a midlife crisis should be celebrated
- How to stop stressing and start living
- How to diagnose and fix flawed life patterns

The untold secrets of top achievers To illustrate his life-changing philosophy, Souza relates true stories of everyday people and world-famous celebrities—including Lance Armstrong, Amy Tan, Sylvester Stallone, Garth Brooks, and Oprah Winfrey—who became heroes by overcoming adversity and squeezing every ounce of opportunity from their gifts. From the Hardcover edition.

From Publishers Weekly Americans are going through a crisis of identity these days, writes Souza, founder of Paragon Holdings LLC, which teaches personal and organizational success worldwide. Clinical depression rates are skyrocketing, he says. And while our living standards have improved in the past century, we have lost our sense of purpose. Souza has his finger on the discontentment epidemic facing many working professionals, since he used to be in the same boat—by age 27 he was a high-powered executive with a six-figure salary, but he finally realized he hated his job and wasn't satisfied with the external trappings of wealth. By finding his own sense of purpose in helping people discover theirs, he found his path. In each chapter, Souza draws lessons from the lives of successful people, some famous, who found their passion early, such as Lance Armstrong, Richard Branson and Oprah Winfrey. But it's

the psychological astuteness with which he analyzes the fearful life patterns many Americans fall into that makes this book most valuable. In his view, so-called identity crises are natural and ongoing: we are supposed to change, try new experiences and evolve at every stage of our lives. "There are no shortcuts to success," Souza says, arguing for persistence, hard work and the ability to deal with failure. Not in the least preachy, Souza pushes readers to commit to a goal and follow through. Happiness, he says, is the goal, "but it never comes directly. It comes only as a by-product of living in truth and committing ourselves with everything we've got to discovering our gift and sharing it with the world." Readers looking for inspiration and moral support in following their dreams will find it here. (Apr.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "...Brian Souza has cracked the code with BECOME WHO YOU WERE BORN TO BE." -- REV. THEODORE M. HESBURGH, President Emeritus, University of Notre Dame"...I can't imagine anyone who wouldn't be helped by applying its wisdom to their private life or business." -- DR. ROBERT H. SCHULLER, Founding Pastor, Crystal Cathedral Ministries"...It is not only a blueprint for succeeding at work; it's a blueprint for succeeding at life." -- DR. STEPHEN R. COVEY, Author of The 7 Habits of Highly Effective People and The 8th Habit"BECOME WHO YOU WERE BORN TO BE by Brian Souza is a beautiful book... Don't miss it!" -- DR. KEN BLANCHARD, Author of The One-Minute Manager and The Secret"OUTSTANDING! If there is one book every man, woman, and child should read (this) is definitely it!" -- JACKIE JOYNER KERSEE, Olympic Gold Medalist"This is a surprisingly well done book that has helped me tremendously, and could help you too." -- Jack Covert, CEO of 800-CEO-READFrom the Inside FlapDo you ever feel burned out, beat up, or just plain old bored by the monotony of everyday life, wondering, "Is this all there is?" Do you ever feel trapped in a stress-filled job that leaves you unhappy and unfulfilled? Do you ever question if you're doing what you're supposed to be doing - if you're fulfilling your life's purpose? If so, you are not alone. You were created by design for a very specific purpose. Just as musicians must make music, poets must write, and artists must paint, you too have a unique gift that will bring both meaning and purpose to your life. How are you supposed to find your life's purpose? Many religious books declare that it's primarily up to God to show you the way. Most self-help books claim that motivation is the answer. The reality is - they're both missing the mark. In this revolutionary new book, Brian Souza dispels the myths and shares the truth.