

## **LESSONS FROM THE GYM - *Building an Entrepreneurial Mindset***

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“From my early childhood it has always been my life-long dream to ignite a movement for positive change, a movement that would unlock the psychological barriers that hold people back from living life at their full potential.

“I believe everyone is searching for the same thing: **peace and happiness**. Society has programmed us to believe peace and happiness are found through worldly possessions and/or achievement; (once we get into the right relationship, get the right job, make a ton of money, get the dream house, the perfect car, the vacations, when the kids are out of the house, the perfect body, perfect health, etc, etc, etc., - *then* I will be happy) Of course there is nothing wrong with acquiring *things* that “please us”, - but if this is truly the secret to success, why is it that some people who have achieved financial success and have all the toys to prove it are still unhappy and not at peace with themselves?

We’re all taught to set goals. The problem is that most of us are setting goals based on limiting beliefs. Having limiting beliefs causes us to have a poor self-image. When our minds operate on limiting beliefs that we have held since childhood, more often than not we end up sabotaging ourselves on an unconscious level. Having a poor self image does not allow us to reach our full potential in life, hence, we end up settling for a life of mediocrity.

***Making a decision to live a life full of peace and happiness allows us to go from ambition and achievement to meaning and purpose.***

In this book you will learn a unique process that will help you do just that.

**About the author:** A dedicated entrepreneur for thirty years, a former world-class body builder, and nationally recognized expert in both the fitness and direct selling industries, Chris Cucchiara coaches and mentors high achievers -- in the areas of business leadership and human development -- who want to move from ambition and achievement to meaning and purpose. His Mind-Fit teaching philosophy has positively influenced thousands of lives, encouraging people to follow certain principles that will allow them to live life at their full potential. He has also been involved in youth sports and has had the opportunity to coach hundreds of youth. Chris is married, and the father of two.

*Publisher:*

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