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# THE OBSTACLE IS YOU: The Manual You Should Have Been Given When You Were Born (How To Love Yourself Book 1)



## **Synopsis**

Your willingness to overcome your obstacles inspire me. Your commitment to work at your absolute best moves me. Your readiness to acknowledge your weakness encourages me to give even more of my life to helping people free themselves from their self-made prisons. May your passions be ignited. May your life and that of those around you become magically abundant. MThis book is the first in 'THE OBSTACLE IS YOU' series. The letters of my readers have moved me deeply and encouraged me to distill everything that I have learned about the art of living into a series of life lessons. Hence, I set about compiling the best information I have to give into a book that I genuinely believe will transform your life. How to Love Yourself? Do you ever feel like life is slipping by so fast that you might not get the chance to live with meaning and the happiness you deserve? If so, then this very special book will be the guiding light that leads you to a brilliant new way of living. In this extremely easy to read yet wisdom rich manual, I offer eleven simple solutions to life's most complex problems, ranging from methods to succeed to powerful ways to enjoy the journey while you create a legacy that lasts. The words in this book are heartfelt and written in high hope that you will not only connect with the wisdom that I have respectfully offered but also act on it to create lasting improvements in every area of your life. Amidst my own trials and tribulations I have learned that it is not enough to know what to do, we must act immediately on the knowledge in order to create the lives we so dearly want. So, as you turn the pages of this first book in 'THE OBSTACLE IS YOU' series, I hope you will discover a wealth of wisdom that will immensely enrich the quality of your physical, emotional and spiritual life. Please do write to me to share how you have integrated the lessons in this book into the way you live. I will do my very best to respond to your mails with a personal note. I wish you peace, prosperity and many happy days spent engaged in a worthy purpose.

## **Book Information**

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## Customer Reviews

I believe that some people with more sensitive souls and better understanding of the sole purpose of life are living among us. These people are here to remind us about our life purpose and to inspire us to become more than we are today. One of these people is Munmi Sarma. The Obstacle is You is the book that you should read to re-evaluate your life and get inspired to do more greatness in this world.

You Should Start At The End Of This Sentence! Author Munmi Sarma shows you the keys to your future successes. Funny thing is you have had them all along, you just rarely used them. In the chapter called A Winner Loses More Often Than Losers! you learn why and how the winners win. Author Sarma uses the lives of the successful people to demonstrate her points. Drinking green tea with Bill Gates opened her thoughts and she shows you how to accomplish anything you desire following this session's ideas. Author Sarma is an excellent writer that keeps you interested and on point to the end of the book. This is the second book I have read in this series. I read and found useful direction in Book Three and was delighted to know there were two more books in this series and this Book One did not disappoint, I am now ready for Book Two. If you feel like you are not reaching your potential read this book and learn why. Recommended!

Munmi lays out many helpful ideas for getting out of your own way and cultivating success. Her ideas foster a spirit of desiring something more out of life. She encourages us to "push the envelope" and take life-changing risks. As she says, Apple does this all the time, and it's essential for our own lives. Without it, we wallow in complacency, mediocrity, and insignificance. I for one want more out of life than insignificance. I want my life to matter, and Munmi shows us how

to "make it so." In clear and inspirational language she points the way to a more enriching life. She uses many powerful examples, including stories from her own life. This book stirred me emotionally and instilled in me greater confidence and hope. I'm inspired to continue in the task of making my life different and better. This is a great read for anyone interesting in self-improvement. I highly recommend it.

John Hunt, Author  
The Path of Wisdom

Sometimes the answer is sitting right in front of your face. All you need is someone to point it out. What a great book to help refocus the way you love yourself and life in general. This is not a typical self help / motivational book filled with cliché inspirational messages. There is true guidance to be found in this book. Instead of offering an impossible one-step jump into perfection, M. Sarma maps out a process of small steps that are actually achievable. This book has changed my life. I look forward to reading more of her work. I am truly grateful to have found and read this book.

Just by simply reading the title The Obstacle is "YOU".. The author simply tells the reader not to make a huge impact among other but to make a significance if you are not there. We sometimes tend to feel that we don't exist and it's a kind of hard for us to accept that we are being ignored despite of our effort to impress others. Upon reading the book, It also reminds me to take a hard step some time to fully conquer my fear of being a failure and after hardships always the victory tastes the sweetest. Thanks to this book for clearing things up once again for me. I would highly recommend this book to my friends who are also got low morale lol!

Great personal development book with a spiritual touch. I truly resonated with the author, and I would like to thank her for putting this book together. What I really needed is this reminder: the best things in life are actually free and one should treat one's body as a temple. Munmi shares her rituals and morning routines for personal success. I believe in forming new habits and I am in the 6AM club (plus I do the gym and yoga every day). 5AM sounds even better to start a day, might join the 5AM actually! (the only thing is- 8PM is too early for me to go to bed, Munmi, you are only 25, don't go to bed at 8PM, lol!). Great book and truly recommended:) Plenty of inspirational stories in there.!

It's such a simple concept, the obstacle is always you, but hard to implement. Each chapter tackles many important issues, such as ambition, worrying, happiness, possessions and they all have a nice summary. The book is very inspiring and entertaining at the same time. I read it twice till date. • The Obstacle Is you • is a classic book, it effortlessly explains the most effective ways of

living. In this book, the author, Munmi Sarma clearly explains the most practical ways of living a successful life. She explains many ways of living such as believing in yourself, developing the power to reach your goals, enhancing your relationships by taking control of your circumstances. The book is extremely easy to read and understand, it's a hidden gem, it's for anyone who needs a little nudge in the direction of positive thinking.

Having a reason to live is what keeps us going every day, it is why I bother getting up every morning, it is why I don't sleep these days; I just gotta have it. The writer has written something beautiful here, all the inspiration in the world is in this book. The writer has helped me be reminded of my goals and move from the position of complacency that I had fallen into. It is true that it is only us and whatever tools we use that stand between us and our goals. The moment you decide to take charge and do what you have to do to get what you want is the message received; cause and effect.

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