



# Nothing Changes Until You Do: A Guide to Self-Compassion and Getting Out of Your Own Way

By Mike Robbins

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Nothing Changes Until You Do: A Guide to Self-Compassion and Getting Out of Your Own Way, Mike Robbins, Bestselling author Mike Robbins had a life that many little boys dream of. Drafted by the New York Yankees directly out of high school, Mike decided instead to postpone his professional baseball career until he finished college. After a successful stint at Stanford, he began life in the minor leagues as a pitcher with the Kansas City Royals organization, where he played for three years until an injury benched him for good. This devastating disappointment changed his life in wonderful ways that he could have never imagined. He now teaches and speaks around the world about teamwork, emotional intelligence and the value of appreciation and authenticity. In Nothing Changes Until You Do, Mike's third book, he looks at one of the most important and challenging aspects of life - our relationship with ourselves. Even the most successful person struggles with this delicate relationship, which has created an epidemic of self-criticism, self-doubt and thinking that our value is directly connected to the external world - our jobs, our finances, our appearance, our accomplishments,...



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