

# Trying Too Hard

**Kevin Leman**

**The French Art of Not Trying Too Hard** Ollivier Pourriol, 2020-09-08 Sick of striving? Giving up on grit? Had enough of hustle culture? Daunted by the 10,000-hour rule? Relax: As the French know, it's the best way to be better at everything. In the realm of love, what could be less seductive than someone who's trying to seduce you? Seduction is the art of succeeding without trying, and that's a lesson the French have mastered. We can see it in their laissez-faire parenting, chic style, haute cuisine, and enviable home cooking: They barely seem to be trying, yet the results are world-famous--thanks to a certain *je ne sais quoi* that is the key to a more creative, fulfilling, and productive life. For fans of both Mark Manson's *The Subtle Art of Not Giving a F\*ck* and Alain de Botton's *How Proust Can Change Your Life*, philosopher Ollivier Pourriol's *The French Art of Not Trying Too Hard* draws on the examples of such French legends as Descartes, Stendhal, Rodin, Cyrano de Bergerac, and Françoise Sagan to show how to be efficient à la française, and how to effortlessly reap the rewards. A PENGUIN LIFE TITLE

**You're Trying Too Hard** Joey Lott, 2014-12-08 Working Hard to Become Spiritually Elite? Have you ever wondered why you can't find the path to enlightenment? Have you struggled with expensive meditation techniques and special diets, elite teachers, and all manner of other crazy notions just trying to one day, finally, awaken to complete freedom and total peace (perhaps with a hefty dose of bliss as well)? Stop! In *You're Trying Too Hard*, Joey Lott explains exactly that--you are trying too hard, and you will never achieve your goals precisely because you already ARE freedom. Stop trying everything under the sun to bring yourself to true enlightenment. Stop searching for wiser, more special teachers. Stop worrying about lineage and ego and diet and the self. Stop everything. Remain only with direct experience, and let true clarity at least reveal itself. Clarity is the simplicity of being. Clarity is simply seeing what is, as it is. Look to direct experience right now. This is absolutely effortless. There is no trying required. Why? Because direct experience is unavoidable. It is what is happening. Are you ready? Read this book now, and set foot on the only path to so-called enlightenment you will ever need.

**How to Get Things Done Without Trying Too Hard** Richard Templar, 2012-09-07 In this clever book, bestselling author Richard Templar delivers a collection of principles, tactics and techniques that will make sure things always get done, without you ever having to break a sweat or stay up into the small hours to do it. These pithy, self-contained ideas are so straightforward that you can even read the book itself without trying too hard.

*Try Softer* Aundi Kolber, 2020-01-07 Over 100,000 copies sold! In the wise and soulful tradition of teachers like Shauna Niequist and Brene Brown, therapist Aundi Kolber debuts with *Try Softer* helping us align our mind, body, and soul to live the life God created for us. In a world that preaches a try harder gospel—just keep going, keep hustling, keep pretending we're all fine—we're left exhausted, overwhelmed, anxious, and numb to our lives. If we're honest, we've been overfunctioning and hurtling toward burnout for so long, we can't even imagine another way. How else will things get done? How else will we survive? It doesn't have to be this way. Aundi Kolber believes we don't have to white-knuckle our way through life, stuck in survival mode and stressed. In her debut book, *Try Softer*, she'll show us how God specifically designed our bodies and minds to work together to process our stories and work through obstacles. Through the latest psychology, practical clinical exercises, and her own personal story, Aundi equips and empowers us to connect us to our truest self and truly live. This is the try softer life. In *Try Softer* you'll learn how to: Know and set emotional and relational boundaries Make sense of the difficult experiences you've had Identify your attachment style—and how that affects your relationships today Move through emotions rather than get stuck by them Grow in self-compassion and talk back to your inner critic Trying softer is sacred work. And while the healing journey won't be perfect or easy, it will be worth it. Because this is what we were made for: a living, breathing, moving, feeling, connected, beautifully incarnational life.

Women who Try Too Hard Kevin Leman, 1998 Are you trying to make things better for others at your own expense? Learn how to say no and break the habit of pleasing everybody but yourself.

*A Story that Happens* Dan O'Brien, 2021-09-14 Drawing on O'Brien's experience of cancer and of childhood abuse, and on his ongoing collaboration with a war reporter, the four essays in *A Story that Happens*—first written as craft lectures for the Sewanee Writers' Conference and the US Air Force Academy—offer hard-won insights into what stories are for and the reasons why, afraid and hopeful, we begin to tell them.

**Trying Not to Try** Edward Slingerland, 2014-03-04 A deeply original exploration of the power of spontaneity—an ancient Chinese ideal that cognitive scientists are only now beginning to understand—and why it is so essential to our well-being Why is it always hard to fall asleep the night before an important meeting? Or be charming and relaxed on a first date? What is it about a politician who seems wooden or a comedian whose jokes fall flat or an athlete who chokes? In all of these cases, striving seems to backfire. In *Trying Not To Try*, Edward Slingerland explains why we find spontaneity so elusive, and shows how early Chinese thought points the way to happier, more authentic lives. We've long been told that the way to achieve our goals is through careful reasoning and conscious effort. But recent research suggests that many aspects of a satisfying life, like happiness and spontaneity, are best pursued indirectly. The early Chinese philosophers knew this, and they wrote extensively about an effortless way of being in the world, which they called *wu-wei* (ooo-way). They believed it was the source of all success in life, and they developed various strategies for getting it and hanging on to it. With clarity and wit,

Slingerland introduces us to these thinkers and the marvelous characters in their texts, from the butcher whose blade glides effortlessly through an ox to the wood carver who sees his sculpture simply emerge from a solid block. Slingerland uncovers a direct line from wu-wei to the Force in Star Wars, explains why wu-wei is more powerful than flow, and tells us what it all means for getting a date. He also shows how new research reveals what's happening in the brain when we're in a state of wu-wei—why it makes us happy and effective and trustworthy, and how it might have even made civilization possible. Through stories of mythical creatures and drunken cart riders, jazz musicians and Japanese motorcycle gangs, Slingerland effortlessly blends Eastern thought and cutting-edge science to show us how we can live more fulfilling lives. *Trying Not To Try* is mind-expanding and deeply pleasurable, the perfect antidote to our striving modern culture.

**Fierce Marriage** Ryan Frederick, Selena Frederick, 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life--or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. *Fierce Marriage* is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

**Change Happens** Avrum Geurin Weiss, 2011-11-16 *Change Happens* is at once an emotionally resonant and stimulating book that will touch a deep chord with readers who are seeking to understand the big and small struggles in their lives and an insightful companion for those struggling with a specific change or trying to bring about a change in their lives. Here, Avrum Weiss offers insights and lessons that are relevant to change across all life situations, including change in our personal lives, relationships, places of work, communities, and the larger world. He helps readers understand when trying harder is the best approach to change, and when not trying so hard is more appropriate. Each chapter introduces a key element in the process of change as well as fresh concepts for understanding how best to navigate the changes we all face at one time or another in our lives.

**Nothing to Prove** Jennie Allen, 2018-02-06 The visionary behind the million-strong *IF: Gathering* challenges Christian women to discover what it means to do life with God rather than always striving to impress him, in this trade paperback edition of her perspective-shifting work, which now includes bonus material to enhance your book club experience, including

discussion questions and easy-to-create recipes. All too many of us struggle under the weight of life, convinced we need to work harder to prove to ourselves, to others, and to God that we are good enough, smart enough, and spiritual enough to do the things we believe we should. Author and Bible teacher Jennie Allen invites us into a different experience, one in which our souls overflow with contentment and joy. In *Nothing to Prove* she calls us to... \* Find freedom from self-induced pressure by admitting we're not enough—but Jesus is. \* Admit our greatest needs and watch them be filled by the only One who can meet them. \* Make it our goal to know and love Jesus, then watch what He does in and through us. As you wade into the refreshing truth of the more-than-enough life Jesus offers, you'll experience the joyous freedom that comes to those who are determined to discover what God can do through a soul completely in love with Him. \* \* \* \* \* "These pages are what your soul is begging for —Ann Voskamp "Nothing to Prove takes us on a journey toward freedom from the need to measure up." —Mark Batterson We love this glorious and universally resounding message." —Louie and Shelley Giglio "This book will help you take your eyes off your problems and put them back on God's promises." —Christine Caine

*The Inner Game of Tennis* W. Timothy Gallwey, 1997-05-27 The timeless guide to achieving the state of "relaxed concentration" that's not only the key to peak performance in tennis but the secret to success in life itself—now in a 50th anniversary edition with an updated epilogue, a foreword by Bill Gates, and an updated preface from NFL coach Pete Carroll "Groundbreaking . . . the best guide to getting out of your own way . . . Its profound advice applies to many other parts of life." —Bill Gates, GatesNotes ("Five of My All-Time Favorite Books") This phenomenally successful guide to mastering the game from the inside out has become a touchstone for hundreds of thousands of people. Billie Jean King has called the book her tennis bible; Al Gore has used it to focus his campaign staff; and Itzhak Perlman has recommended it to young violinists. Based on W. Timothy Gallwey's profound realization that the key to success doesn't lie in holding the racket just right, or positioning the feet perfectly, but rather in keeping the mind uncluttered, this transformative book gives you the tools to unlock the potential that you've possessed all along. "The Inner Game" is the one played within the mind of the player, against the hurdles of self-doubt, nervousness, and lapses in concentration. Gallwey shows us how to overcome these obstacles by trusting the intuitive wisdom of our bodies and achieving a state of "relaxed concentration." With chapters devoted to trusting the self and changing habits, it is no surprise then, that Gallwey's method has had an impact far beyond the confines of the tennis court. Whether you want to play music, write a novel, get ahead at work, or simply unwind after a stressful day, Gallwey shows you how to tap into your utmost potential. In this fiftieth-anniversary edition, the principles of the Inner Game shine through as more relevant today than ever before. No matter your goals, *The Inner Game of Tennis* gives you the definitive framework for long-term success.

*The Need to be Liked* Roger Covin, 2011-05 Almost everyone has a fundamental need to be liked by other people. It is a healthy and normal part of life. However, the need to be liked can also be associated with emotional, behavioural and even

personality problems. *The Need to be Liked* is a book that explores the dark side of this human need. The author (Dr. Roger Covin) is a clinical psychologist who weaves together psychological research with his own clinical experiences in order to present a unique and original way of thinking about the need to be liked. Drawing on research and theory from various fields of psychology, Dr. Covin explains how people's experience with painful rejection shapes their way of thinking about themselves and others. Readers will learn how problems with the need to be liked can lead to depression, anxiety and other mental health concerns. Dr. Covin describes how the need to be liked expresses itself in numerous ways, ranging from subtle behaviours to aspects of one's overall personality. For example, the need to be liked can affect... ..being overly career-driven ...alcohol and drug use ...promiscuity ...one's excessive focus on appearance ...the decision to remain in an abusive relationship ...rumination about past relationships ...being overly self-critical or perfectionistic ...continually entering into relationships where you find the wrong partner ...sabotaging relationships Finally, Dr. Covin provides useful strategies and suggestions for how to manage problems with needing to be liked and dealing with rejection. *The Need to be Liked* is a fascinating and timely examination of a topic that affects the vast majority of people. Grounded in current research and theory, and articulated through Dr. Covin's experiences as a therapist, this book is a must read for those who have ever wondered - why do I need to be liked?

*Four Thousand Weeks* Oliver Burkeman, 2021-08-10 AN INSTANT NEW YORK TIMES BESTSELLER Provocative and appealing . . . well worth your extremely limited time. —Barbara Spindel, *The Wall Street Journal* The average human lifespan is absurdly, insultingly brief. Assuming you live to be eighty, you have just over four thousand weeks. Nobody needs telling there isn't enough time. We're obsessed with our lengthening to-do lists, our overfilled inboxes, work-life balance, and the ceaseless battle against distraction; and we're deluged with advice on becoming more productive and efficient, and "life hacks" to optimize our days. But such techniques often end up making things worse. The sense of anxious hurry grows more intense, and still the most meaningful parts of life seem to lie just beyond the horizon. Still, we rarely make the connection between our daily struggles with time and the ultimate time management problem: the challenge of how best to use our four thousand weeks. Drawing on the insights of both ancient and contemporary philosophers, psychologists, and spiritual teachers, Oliver Burkeman delivers an entertaining, humorous, practical, and ultimately profound guide to time and time management. Rejecting the futile modern fixation on "getting everything done," *Four Thousand Weeks* introduces readers to tools for constructing a meaningful life by embracing finitude, showing how many of the unhelpful ways we've come to think about time aren't inescapable, unchanging truths, but choices we've made as individuals and as a society—and that we could do things differently.

**Hacking Your Education** Dale J. Stephens, 2013-03-05 It's no secret that college doesn't prepare students for the real world. Student loan debt recently eclipsed credit card debt for the first time in history and now tops one trillion dollars. And

the throngs of unemployed graduates chasing the same jobs makes us wonder whether there's a better way to "make it" in today's marketplace. There is—and Dale Stephens is proof of that. In *Hacking Your Education*, Stephens speaks to a new culture of "hackademics" who think college diplomas are antiquated. Stephens shows how he and dozens of others have hacked their education, and how you can, too. You don't need to be a genius or especially motivated to succeed outside school. The real requirements are much simpler: curiosity, confidence, and grit. *Hacking Your Education* offers valuable advice to current students as well as those who decided to skip college. Stephens teaches you to create opportunities for yourself and design your curriculum—inside or outside the classroom. Whether your dream is to travel the world, build a startup, or climb the corporate ladder, Stephens proves you can do it now, rather than waiting for life to start after "graduation" day.

Top Five Regrets of the Dying Bronnie Ware, 2019-08-13 Revised edition of the best-selling memoir that has been read by over a million people worldwide with translations in 29 languages. After too many years of unfulfilling work, Bronnie Ware began searching for a job with heart. Despite having no formal qualifications or previous experience in the field, she found herself working in palliative care. During the time she spent tending to those who were dying, Bronnie's life was transformed. Later, she wrote an Internet blog post, outlining the most common regrets that the people she had cared for had expressed. The post gained so much momentum that it was viewed by more than three million readers worldwide in its first year. At the request of many, Bronnie subsequently wrote a book, *The Top Five Regrets of the Dying*, to share her story. Bronnie has had a colourful and diverse life. By applying the lessons of those nearing their death to her own life, she developed an understanding that it is possible for everyone, if we make the right choices, to die with peace of mind. In this revised edition of the best-selling memoir that has been read by over a million people worldwide, with translations in 29 languages, Bronnie expresses how significant these regrets are and how we can positively address these issues while we still have the time. *The Top Five Regrets of the Dying* gives hope for a better world. It is a courageous, life-changing book that will leave you feeling more compassionate and inspired to live the life you are truly here to live.

*The Feeling of Greatness* Tim O'Connor, 2017-06-13 From the award-winning journalist and coach: a biography of "the 'Rain Man' of golf. It's a character drama. It's an underdog story" (Barry Morrow, Academy Award-winning screenwriter). Documentary now in production! In *The Feeling of Greatness*, second edition, golf coach Tim O'Connor updates his previous biography of the late great, Canadian golfer Moe Norman, who was famous for introducing the single plane golf swing. This edition includes new anecdotes about Moe both on and off the course by golfers, journalists, friends, and family, and offers a more in-depth portrait of the man and golfer, especially in the last years of his life. O'Connor shares with readers his personal and professional friendships with Moe along the way. Some twenty years later, from a distanced perspective, O'Connor sets the record straight about Norman, promotes his legacy as the legendary golfer he was, and reflects on life

lessons learned from their association over the years. Praise for Moe Norman and The Feeling of Greatness “Only two players have ever owned their swings: Moe Norman and Ben Hogan.” —Tiger Woods “Well-written and meticulously researched.” —James McCarten, PGATour.com “Tim O’Connor has helped us better understand one of golf’s most intriguing and disturbing members.” —Hal Quinn, The Financial Post

Designing Your Life Bill Burnett, Dave Evans, 2016-09-20 #1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage • “Life has questions. They have answers.” —The New York Times Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

**Being Perfect** Anna Quindlen, 2009-01-21 Anna Quindlen offers deep truths from her life to motivate and inspire you to become your most authentic self. “Trying to be perfect may be inevitable for people who are smart and ambitious and interested in the world and its good opinion. . . . What is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.” In *Being Perfect*, Anna Quindlen shares wisdom that, perhaps without knowing it, you have longed to hear: about “the perfection trap,” the price you pay when you become ensnared in it, and the key to setting yourself free. Quindlen believes that when your success looks good to the world but doesn’t feel good in your heart, it isn’t success at all. She asks you to set aside your friends’ advice, what your family and co-workers demand, and what society expects, and look at the choices you make every day. When you ask yourself why you are making them, Quindlen encourages you to give this answer: For me. “Because they are what I want, or wish for. Because they reflect who and what I am. . . . That way lies dancing to the melodies spun out by your own heart.” At the core of this beautiful book lies the secret of authentic success, the inspiration to embrace your own uniqueness and live the life that is undeniably your own, rich in fulfillment and meaning.

*The Worry-Free Mind* Carol Kershaw, Bill Wade, 2017-01-23 Noted psychologist Carol Kershaw shares powerful brain-changing tools to quickly retrain your mind to stop overthinking and live a more worry-free life. You truly can control your own mind, from lowering stress and anxiety to improving concentration and productivity. Special care is added on how to deal with the sudden life shocks that try to knock you off your path. The brain’s superpowers have been discovered by neuroscience. Your genius mind knows how to make your brain dissolve worry and stay in your best internal states longer.

The result is a life full of possibility. The Worry-Free Mind shows you how to decipher the architecture of your model of reality, shift it to a newer version, and overcome your tendency to worry every day. With the powerful tools it offers, you can access your inner resources, lower stress, calm your reactive mind, feel cheerier, and create a dynamic flow. Can you imagine a day without worry? How productive could you be with the extra time you would have? By learning to shift and condition your internal state and set up your environment to support the changes you want to make, you can accomplish anything you want. The Worry-Free Mind will show you how to: Unleash your brain's superpowers in minutes, Shatter the illusions that keep you in a constant state of worry, Recondition your mind to a new state of being, Discover how your brain chemistry works to tap into natural bliss, and Shift your internal states to change your biology.

**The Healthy Compulsive** Gary Trosclair, 2020-02-08 Gary Trosclair explores the power of the driven personality and the positive outcomes those with obsessive compulsive personality disorder can achieve through a mindful program of harnessing the skills that can work, and altering those that serve no one. If you were born with a compulsive personality you may become rigid, controlling, and self-righteous. But you also may become productive, energetic, and conscientious. Same disposition, but very different ways of expressing it. What determines the difference? Some of the most successful and happy people in the world are compelled by powerful inner urges that are almost impossible to resist. They're compulsive. They're driven. But some people with a driven personality feel compelled by shame or insecurity to use their compulsive energy to prove their worth, and they lose control of the wheel of their own life. They become inflexible and critical perfectionists who need to wield control, and they lose the point of everything they do in the process. A healthy compulsive is one whose energy and talents for achievement are used consciously in the service of passion, love and purpose. An unhealthy compulsive is one whose energy and talents for achievement have been hijacked by fear and its henchman, anger. Both are driven: one by meaning, the other by dread. *The Healthy Compulsive: Healing Obsessive-Compulsive Personality Disorder and Taking the Wheel of the Driven Personality*, will serve as the ultimate user's guide for those with a driven personality, including those who have slid into obsessive-compulsive personality disorder (OCPD). Unlike OCD, which results in specific symptoms such as repetitive hand-washing and intrusive thoughts, OCPD permeates the entire personality and dramatically affects relationships. It also requires a different approach to healing. Both scientifically informed and practical, *The Healthy Compulsive* describes how compulsives get off track and outlines a four-step program to help them consciously cultivate the talents and passions that are the truly compelling sources of the driven personality. Drawing from his 25 years of clinical experience as a psychotherapist and Jungian psychoanalyst, and his own personal experience as someone with a driven personality, Trosclair offers understanding, inspiring stories of change, and hope to compulsives and their partners about how to move to the healthy end of the compulsive spectrum.



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