



Start Right Where You Are: How Little Changes Can Make a Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists

Sam Bennett

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Start Right Where You Are: How Little Changes Can Make a Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists Sam Bennett What Are You Waiting For?

An overwhelmed procrastinator, frustrated overachiever, and recovering perfectionist herself, Sam Bennett knows all the ways we avoid pursuing our dreams and reaching our goals. She also knows how to “get it done.” *Start Right Where You Are* is an easy-to-read, easy-to-do guidebook for anyone who wants to change their life but doesn’t know where or how to begin. Of course, the process of getting out of your own way, raising your self-esteem, improving your relationships, and making better choices can be a bumpy road. But Bennett’s fun, original voice lets you know that you’ve got a friend along the way, a friend who offers a comforting cup of tea — or a bracing shot of whiskey, depending. Her gentle-kiss-on-the-cheek and loving-thwack-upside-the-head attitude gives us what we all need: inspiration, shortcuts, and breathing room.

Start Right Where You Are: How Little Changes Can Make a Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists Details

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From Reader Review Start Right Where You Are: How Little Changes Can Make a Big Difference for Overwhelmed Procrastinators, Frustrated Overachievers, and Recovering Perfectionists for online ebook

Erin says

This is one of the few advice for creatives book that I knew I wanted to have my own copy of before I was halfway through. There are so many little tidbits of advice and lots of prompts. I didn't complete every lesson in the book because there are a lot, but I did read the entire thing. It was the positive, start doing it already, type of book that I need right now.

Christi Cline says

3.8?

I probably could have used these insights 8-10 years ago, but alas I had to discover them for myself the long way around. Some of the actionable 15 minute suggestions were not helpful and turned me off. Still I found it a nice way to reflect on my personal progress and I walked away with a couple of ways to improve my outlook on certain things

Openly Bookish says

I didn't want this book to end.

Red says

This book was a breeze to listen to and I found myself taking notes so frequently of information that stuck out that I had to get the physical book. Strongly recommend listening to the book and then going back over the pieces with the physical copy as there is just so much to gain. The Little Changes Action Steps are bite-sized enough that one could do them daily or weekly without major time investments.

My favorite piece to reference is the Future Self. What would your future self do? This is such a simple way to approach situations when you are trying to improve yourself or feel like the future you will be better than the current you. If the future you is better, then what would they do? Then do it. Simple and repeatable for life improvement.

This book will definitely be reread multiple times and used as a self-growth reference.

Kimberly Lee says

Love this. Need to read again and again - especially when I feel stuck.

Thia says

Start Right Where You Are - Sam Bennett

Rating: ★★

Review coming soon!

Daryl Ducharme says

So many little things to try

This book is full of so many small things to do to move your life forward. Some I have done and many I still have to try. They are simple enough I think this book will be a reference for the future.

Dan Burt says

3.25 stars

T Love says

Sometimes the tools we learn are so simple, but they are not easy. This is both. The book is divided into short chapters, making it very quick to read. I suggest reading the book in full first, to familiarize yourself, and then keep it on your desk for reference. Even if the reader implements ONE tool – you don't need to use every single one, just the one that feels right to you – there will be a positive impact. ANY time is a good time to make changes. Any month, day, week or MOMENT. The title says it all and it truly doesn't get any easier than this. You cannot go wrong – little tools that effect BIG change – go ahead, Start Right Where You Are – and start now.

Kuroi Neko says

You know more than you think you know, and you will never be more ready than you are right now.

ENGLISH:

The average self-help book, it has some interesting ideas but nothing really special or unique. I like the focus on creativity and how cheerful it is. I don't feel like it is an "essential" reading, there are many better books out there, but there are some ideas and tricks that I am actually going to introduce into my everyday life, like

for example the idea of doing a 5 minutes drawing to express feelings, even if the drawing seems better. I'll be honest, when I gave a try to some exercises of the book for the first time I felt silly, but they actually work! So, before labeling everything in the book as "self-love crap" give it a try!

Other parts made me feel a little uncomfortable, for example the idea of planning naked time in advance, I prefer it to be spontaneous. I also didn't like the whole religious thing that sometimes takes too much space. And other times I definitely felt like the writer is way too much Pollyanna for my taste.

ITALIANO:

Un libro di self-help nella media. Ha qualche idea interessante, ma nulla di davvero speciale o unico. Ho apprezzato l'attenzione dedicata alla creatività e al prendere la vita con spensieratezza. Non la ritengo una lettura "essenziale", ci sono libri decisamente migliori, però ci sono delle idee e dei trucchi che ho intenzione di implementare nella mia vita quotidiana. Per esempio disegnare per 5 minuti per esprimere uno stato d'animo, anche se il disegno finale è orribile. Ad essere onesta quando ho svolto per la prima volta alcuni degli esercizi proposti mi sono sentita un'idiota, ma hanno funzionato. Quindi prima di etichettarli come immondizia self-help vi consiglio di dare loro almeno una chance!

Altri parti invece mi hanno fatta sentire a disagio, per esempio l'idea di pianificare del tempo "nudi" in anticipo, preferisco che certe cose avvengano in modo spontaneo ;-) Non mi è piaciuto come a volte delle idee religiose nemmeno ben definite prendano molto spazio. E in altre parti ancora l'autrice mi è sembrata davvero eccessivamente ingenua per i miei gusti.

MK says

I'm biased because I've worked with Sam and have done the course this is based on but what a fantastic book for getting started on any endeavour. Laid out in short chapters so you can flip to whatever you need help on as well as follow from start to finish, Sam lays out how to work your inner game to create outer results. So if you have that project you just can't seem to start, or just feel like you're floundering, check this book out.

Kyle says

I may just be "self help booked" out but Sam Bennett's book here probably could have ultimately been a series of Medium articles. Each chapter (considerably small which was a plus) covers a short topic with an action item at the end. The action items at the end of each chapter were valuable and useful. However, chapters tended to be a bit repetitive and focused a fair bit on "feelings" and felt a bit empty at times.

Though Sam mentions not focusing on God with a capital "G", the book contains actual prayers in interludes. This... confused me. She spends almost a chapter describing how she doesn't actually mean a religious deity when she mentions God but rather how we're all inter-connected. I can get behind that. Then, a few chapters forward, you see the first prayer. This obviously won't irk everyone but I wasn't looking for that as part of my purchase of this book.

Overall, there are a fair number of useful actionable tidbits in this book which give it a 2 stars in my mind.

Overall though, this book is primarily a set of affirmations for the reader.

Sarah White says

Sam is fun to read, encouraging and helpful. This book focuses on little actions you can take now to improve your life and focus on your work.

Laura says

I went to this for organizational tips. It did not contain any.

But it sure made me feel warm and fuzzy inside.

Honestly, this is probably one of my favorite self-help books. Who knew? Still 3 stars, because... well, you know it all in your heart already. At least, I hope you do. That's all "self-help" is, usually.

I just wanted some tips on prioritization. Wrong book. : /

Katie says

Not sure what I intended to get out of this, but what I ended up with was an affirming "you're doing your best, now believe it!" chant.
