



## The Obstacle Is You: The Manual You Should Have Been Given When You Were Born (How to Love Yourself) (Volume 1)

By Munmi Sarma



### The Obstacle Is You: The Manual You Should Have Been Given When You Were Born (How to Love Yourself) (Volume 1) By Munmi Sarma

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. This 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.

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### **Editorial Review**

#### About the Author

Munmi Sarma is an author, globetrotter and the chairperson of Munmi IT Solutions LLP. She is an avid reader with a passion for writing self-help books. Since a very young age she read a lot of self-help books and really enjoyed the motivation and the idea of it: That so much of your life is within your control. She paints oils and acrylics to give away and is a vagabond at heart. She constantly works on the move and writes about how to make sense of the bizarre transitory phenomenon called 'Life' and its numerous manifestations. She loves it when you jump into the conversation by commenting and finds writing in the 3rd person like this a little awkward.

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##### **Clyde Connell:**

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Been Given When You Were Born (How to Love Yourself) (Volume 1), you could enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't get it, oh come on its identified as reading friends.

**Paul Moore:**

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