

I Got This: The Art of Getting Grit

author: Aniela & Jerzy Gregorek

2026-08

Synopsis

author	Aniela	&	Jerzy
readBy	Gregorek		
inLanguage	Rivers		
		english	

The Happy Body Program has been tremendously successful, giving thousands of clients the tools to be strong, fit, and energetic at any age. Yet it asks people to change, and true change takes grit. It takes a constant, ever-renewing commitment and motivation to make the difficult choice that leads to success.

Most programs ignore the fact that we are emotional beings - the irrational side of the brain exerts a strong influence on what we do. While The Happy Body Program equips you with everything you need to know to succeed, it does not acknowledge the gaps where you know the right thing to do but still don't do it. The right words at the right time, spoken for the right person, can do magic.

This vulnerability is what *I Got This* addresses, providing a rich array of stories, lectures and poems to cultivate the readiness that sparks spontaneous transformation. This is the audiobook that supports you when your willpower is low, inspiring you to never give up, to keep going for another day. And another. And another. Until you become a source of inspiration yourself.

Reader's comments

comment 1:

â€"â€" ()