

Let's Get After It!

author:

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Synopsis

Whether you're experiencing growing pains or you're stuck at a plateau, don't you think it's high time you break through your self imposed barriers? There are always moments when we feel the urge to make a change for ourselves, but it's incredibly common to tip toe around change-making actions. So, Gary's back on the mic to help you get real with yourself about what it takes to move the needle and - as usual - to answer some questions from the Nation! Here's what's on deck:

- How should you confront the personal, professional, and environmental growing pains that come with developing yourself?
- What can you do to persist through a difficult job transition when you're barely able to get your foot in the door?
- How can I escape the fear of failure trap and the procrastination that comes with it?
- Is there a practical way to process trauma and get over a fear of death?

If you're ready to take on the new year, all that and more is ahead on this episode of ***Unfu*k Nation with Gary John Bishop!***

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