



# How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success

By John Gray

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### Create The Life You Want

John Gray, the author of the *Men Are from Mars, Women Are from Venus* relationship classic, now presents a brilliantly innovative program for achieving personal success. The wisdom and techniques in these pages will enable you to feel greater joy, love, confidence, and peace.

### Some Wise Words From *How to Get What You Want and Want What You Have*

- Your experience of the world reflects your inner state.
- Whenever you are not getting what you need, you are always looking in the wrong direction.
- Find your soul's desire, and start getting everything you want.
- Material success can only make you happy if you are already happy.
- The power to get what you want comes from confidence, positive feeling, and desire.
- You have the power to change. No one else can do it for you.

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### Editorial Review

#### Amazon.com Review

What you want materially and what you want spiritually are both important, says John Gray, Ph.D., in *How to Get What You Want and Want What You Have*. "Wanting more is the nature of our soul, mind, heart, and senses," he says. As an antidote of sorts to the sometimes overly strict books of late that advocate a life of utter simplicity, he concedes that it's okay to want a big promotion or fancy car. It's also noble to want a solid spiritual life and to want to be at peace with yourself. However, he says, you need to recognize and work on the many self-defeating behaviors that may be thwarting your chances for reaching your goals. In fact, he identifies 24 typical stumbling blocks to look for.

*How to Get What You Want and Want What You Have* is perfect for the ostensibly successful businesspeople who can't explain why they're miserable, or people who blame their partners for their miseries instead of looking inward. It's filled with anecdotes and tools to help you achieve a fuller sense of identity. Gray says that one of the most important steps to reaching this level of self-awareness is meditation, and Gray gives dozens of stepping-off points for meditation exercises to help you ascertain what exactly it is that you want, and how to remove any obstacles--whether external or internal. Take it from a man who used to be so ascetic that he was rendered homeless but now has achieved a strong sense of self *and* has managed to write nine bestselling books: both spiritual and material success are within your grasp.

#### From Library Journal

In this work, Gray moves beyond his popular Mars/Venus gender insights (*Men Are from Mars, Women Are from Venus*, Audio Reviews, LJ 12/98) and looks at the total person. He believes successful people experience unhappiness because they are cut off from their essential, unique selves by blocked emotions. He also posits that people who are not connected with the inevitable negative emotions associated with identifying desires cannot prosper materially. Finding and maintaining one's authentic self and allowing it to manifest its desires allow material success to flow into a person's life and enhance happiness. While little of this is new to those familiar with Deepak Chopra, Suze Orman, and others, Gray's insights and exercises will prove useful for those who want to take responsibility for their own happiness and success. Gray's delivery is that of a skilled lecturer rather than a person reading from a text. Listeners who have access only to the abridged readings will need to follow up with the book or this set to obtain details for the concepts and techniques. Therefore, libraries that can afford the unabridged work should purchase it. Expect demand; highly recommended. AKathleen Sullivan, Phoenix P.L.

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#### About the Author

John Gray, Ph.D., is one of the world's leading relationship experts, and an authority on improving communication styles for couples, companies, and communities. His many books have sold more than fifty million copies in fifty different languages worldwide. John lives with his wife and children in northern California.

### Users Review

#### From reader reviews:

**Yael Whitehead:**

Hey guys, do you really wants to finds a new book to learn? May be the book with the name How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success suitable to you? Typically the book was written by well known writer in this era. The book untitled How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success is the main one of several books this everyone read now. This particular book was inspired lots of people in the world. When you read this e-book you will enter the new dimensions that you ever know just before. The author explained their thought in the simple way, so all of people can easily to recognise the core of this guide. This book will give you a wide range of information about this world now. To help you see the represented of the world in this book.

**Alberta Townsend:**

Reading a e-book tends to be new life style with this era globalization. With reading through you can get a lot of information that could give you benefit in your life. Having book everyone in this world may share their idea. Ebooks can also inspire a lot of people. Many author can inspire all their reader with their story or perhaps their experience. Not only the storyline that share in the textbooks. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors these days always try to improve their expertise in writing, they also doing some exploration before they write with their book. One of them is this How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success.

**John Tovar:**

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success can be very good book to read. May be it might be best activity to you.

**Hazel Mercado:**

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended for you is How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success this guide consist a lot of the information with the condition of this world now. This specific book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book acceptable all of you.

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