

MOBILITY

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**HEALTH,
SAFETY,
SECURITY,
ENVIRONMENT**

SUCCESSFUL POLICIES IN 5 STEPS

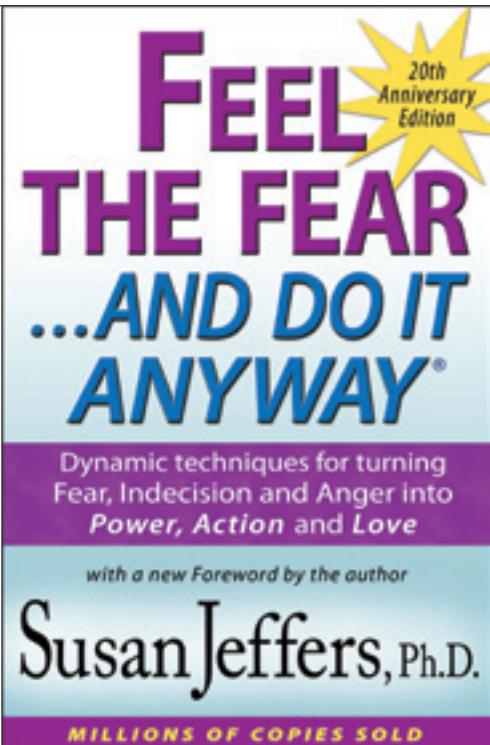
**SUSTAINING
GLOBAL
OPTIMISM**

**SIMPLE
CHANGES**

THAT PROMOTE SUSTAINABILITY

MOVING:

EXPLORING WOODEN
CRATE SUSTAINABILITY



Hitting Challenges Head-on

Reviewed by Michelle Sandlin, CRP, GMS



About our reviewer:

Michelle Sandlin, CRP, GMS, has been involved in the relocation industry for 13 years. As vice president, director of communications and marketing, for Chicago Title Houston, she implements communications and marketing strategies that include social media, Web marketing, brand recognition, and consumer initiatives. She also focuses on business and educational opportunities within the relocation industry and real estate communities worldwide. Sandlin was a 2012 recipient of the Worldwide ERC® Meritorious Service Award.

The author of the book you chose describes fear as “crippling” and says it is often rooted in uncertainty about change and lack of a strong self-image. You seem like such a confident, flexible person—what made you want to read this book?

Yes, I am a confident person now, but I wasn't always. Several years ago I found myself at a critical crossroads in my career. I needed to make a change, and as much as I knew that this change was necessary, I agonized and struggled over it for months before finally pulling the trigger. It was definitely the fear of uncertainty more than the fear of change itself that was crippling to me at the time. Even as I felt the fear,

I knew I had to do it anyway, and so I did. Shortly thereafter, I was given a copy of this book. It was serendipity. I had to read it.

Give us a crash course on the plan for action the book outlines that can help readers unlearn their misconceptions about fear and replace them with strength and conviction.

The book explores the barriers that hold us back and the common fears that stand in the way of achieving our goals. The author says that by shifting our thinking, we can transform our lives. It's really about empowering yourself and boosting your confidence level through positive thinking,



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which really isn't anything new. It's mind over matter. Fear is about taking us out of our comfort zone and the feeling of empowerment we gain in doing so. The idea is that each time you do something that is outside of your comfort zone, you become more powerful, and as your power builds, so does your level of self-confidence. Thus, each time you step out of your comfort zone, you are building more self-confidence, which causes the fear to diminish.

What's the one best lesson you learned from this resource?

I have learned how truly empowering it really is to feel the fear and do it anyway. I never let fear stand in my way of doing anything anymore. I see it as a challenge and hit it head-on. I want to have the power over my fears and not the other way around. As the book says, "All you have to do to diminish your fear is to develop more trust in your ability to handle whatever comes your way."

If you wrote a business book, how would you title it?

That's an easy one! It would be called *How to Create Rock Star Moments*. One thing that I have learned is that you don't have to be a rock star to have rock star moments. I actually write about this all the time, and the idea of being a rock star in whatever it is that you do is ingrained in my personality. This is a book I am writing every day; it's how I live my life! **M**