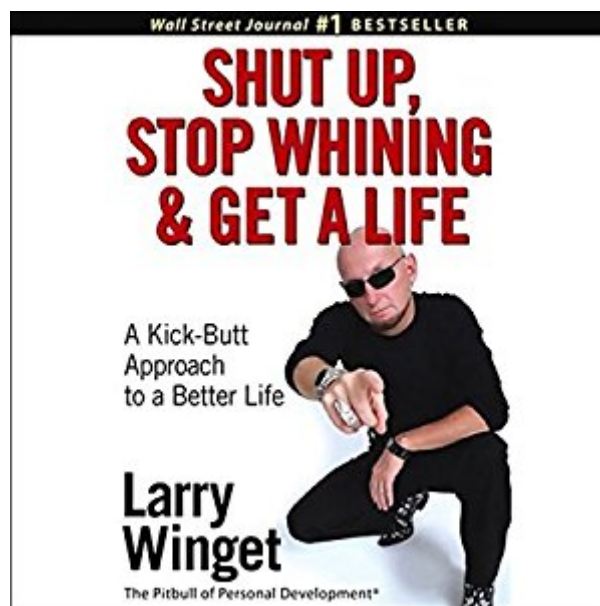




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# Shut Up, Stop Whining, And Get A Life: A Kick-Butt Approach To A Better Life



## Synopsis

Shut Up, Stop Whining, and Get a Life is a Wall Street Journal number-one best seller that isn't afraid to tell you it's time to change. From motivational speaker Larry Winget, also known as "The Pit-bull of Personal Development" and "The World's Only Irritational Speaker", comes a not-so-typical self-help book. Winget's hilarious and in-your-face observations about the sometimes ugly truth of life will kick you in the butt and encourage you to change your life for the better.

## Book Information

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## Customer Reviews

What Larry said.. SHUT UP, STOP WHINING and GET A LIFE. YA big babies... That said: Most people make stupid excuses for being slobs, failure and social imbeciles.. So shut up. Pick up your lazy fat ass and do something about it. Guess what? Get up in the morning and get your butt going. Do what you need to do .. and SHUT UP about the stupid stuff. No one cares.. SHUT UP.. Basic message is in the title.. If you need details.. Order the book. It's a crack up. If you know you are a lazy stupid slob.. SHUT UP EVEN MORE .. Go away.. I don't want you to read my awesome review. GAAAAAAAAAAAAHD ya. LAZY whining drag of the universe JERK.Pick up your trash, work, don't treat your body like a garbage can. ARE YOU FAT? YOUR FAULT.. Are you Broke? Your fault..! Are you stupid?. Probably YOUR FAULT.That sums it up. SHUT UP!

Larry Winget is terrific. He's in-your-face and irreverant (which, to me, comes across as funny). If you're a self-improvement junkie, however, you'll recognize literally everything in this book as originally coming from another source -- everyone from Buddah to Wayne Dyer to Julius Fast. Larry

Winget is Tony Robbins with a different physical image and approach, although both are enthusiastic, funny, entertaining, and full of information. As a self-improvement junkie for over forty years, I don't agree with everything Winget says. He's sure he's right and I'm sure he's wrong. My biggest argument concerns the idea that we create every medical issue we have. I've heard this one many times before . . . all from self-improvement gurus who have never really been sick a day in their lives. Yes, I agree that people can create ulcers and migranes and even cancer, but I'd like to ask Mr. Winget and the rest of the "experts" how my husband manifested his bayonet wound from Vietnam, how I created the extra heart nerve bundle I was born with, or how Michael J. Fox (great attitude, careful with his health) caused Parkinson's Disease. Or how the always-upbeat, active, and cautious Luciano Pavarotti created pancreatic cancer. Unlike Winget, I believe some things do Just Happen. It's hard for me to believe my daughter's seat belt magically released during an auto accident, leaving her with a concussion, because she had a bad attitude. Aside from a few personal problems such as the health issue, this book will get you motivated. But once you're motivated, you need to be able to use that motivation or you'll just be enthusiastic for awhile and then fall back into your old routine. Even Winget declares that you have to know what you want and have a plan before getting all fired up. For those who have run up against this problem in the past, I suggest the audiobook "Before You Hire A Life Coach . . . Heal Your Problems With Pyramid Problem Solving." Pyramid Problem Solving will (finally!) lead you to what you honestly want, bottom line. It does not stop with what you think you want, what you wanted ten years ago, what someone else has convinced you that you want, or what you think you should want. It gets right to the bottom, THEN you can use motivational material and finally find success. I wish everyone who reads this book (or any other self-help material) all the success in the world. It's taken me a long time (and a lot of energy and money) to finally get to my own honest "This Is What I Want," and I'm in my fifties.

Larry Winget will be the first one to tell you that he is not for everyone. But like everyone I know, he seeks out prosperity, happiness, and success. Zig Ziglar once said that "man was designed for accomplishment, engineered for success, and endowed with the seeds of greatness." Winget advocates no less, but his approach does not include any hand-holding, apologizing or sugar-coating. There might be a bear hug in there resulting in a few cracked ribs, but if you approach Winget with an active mind and an open heart, you will feel the center of love that he works from. Winget doesn't have to defend himself, because he speaks the truth, but instead of telling you to "make a better decision in the moment and ask the question behind the question," he simply says, "shut up and stop whining." Winget has simply removed the euphemisms that writers,

psychologists, motivational speakers, therapists and others have used to fill countless self-help books. He is refreshing, and if he makes you uncomfortable, then simply ask yourself "Why?". Because here's the thing. If you want to truly live a life that brings you happiness, prosperity, and success, Larry is on YOUR side - wholeheartedly. His books practically ooze with sincerity. Sure, your ego might feel a little bruised and dazed as you realize that you do stupid things EVERYDAY of your life, but Larry's not out to hurt you. He just wants you to be AWAKE in this life. Chances are you've already mastered hurting yourself, setting yourself up for failure, choosing instant gratification over longterm vision (and Larry knows all about that). And if you're tired of making those choices, if you're tired of feeling alone in that struggle for higher ground, then don't wing it anymore. Instead? Winget.

Considering that the reason why we habitually do things the way we do... the fact that we've programmed our brains with complex neuro-pathways that got laid down over our lifetime... which take time to undo and reprogram, it amazes me that people listen to these simplistic, mean-spirited, drill-sergeant statements that Mr. Winget spews. I'm sure that he feels that he's right simply because he's apparently (no proof though) rich. (I'm sure he has plenty of cash flow.) But are his spewings going to help? I can't image that if there were a study done that anyone reading his books would find any above-average improvements in their lives compared with other self-improvement approaches. I am sure that much of what Mr. Winget states is technically correct but a "just get off your butt and do it" approach is something that most "unsuccessful" people have already told themselves in the privacy of their own thoughts and felt the worse for it. People need to understand how habits get laid down and how to create new habits and "get off your butt" doesn't create new habits.

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