



Star in Your Own Life Story: Overcome Obstacles, Achieve Your Dreams, and Become Your Best Self

Amy Beth O'Brien

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Do you have goals you'd like to achieve, dreams you'd like to fulfill, or challenges you're grappling with? Do they seem insurmountable, out of reach, or too scary even to try for? Whether it's something to do with love, work, or yourself, it all comes down to your inner story. In this book, Amy O'Brien brings you through a fun, ten-step process that follows a movie-making framework. You identify the story you've been telling yourself, and begin to write a more empowering life script. Using the three-act structure of film as a guide to personal transformation and the classic film *The Wizard of Oz* as a blueprint, you will draw inspiration from over a dozen films and stories, and you will learn to:

- Get clearer about what you want for your life (and what you don't want)
- Identify the voice of your inner film critic and tune in to your wise, inner film director instead
- Build self-confidence, self-esteem, and self-love
- Tune into and trust your intuition
- Become more assertive
- Define and achieve success your way.
- Stop feeling stuck in your own version of Oz and find your way home to your best self

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