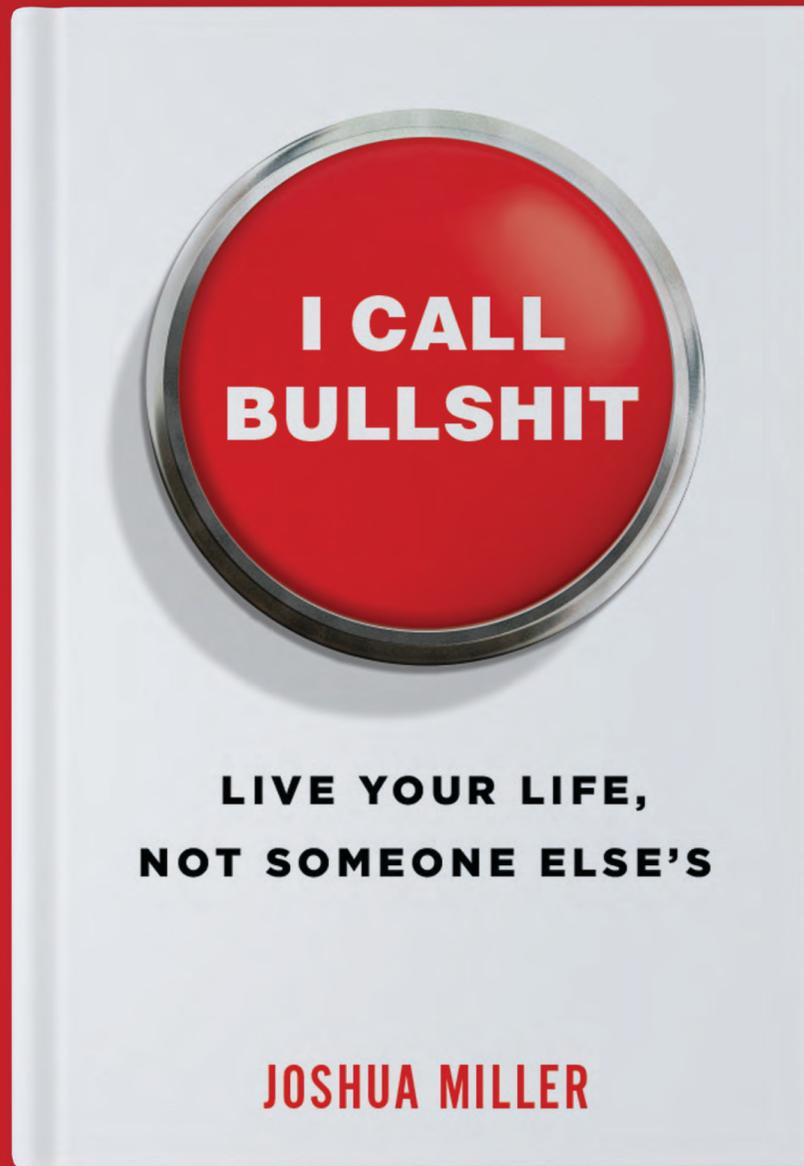


The only thing standing between you and your goals...



...is the bullshit story you keep telling yourself.

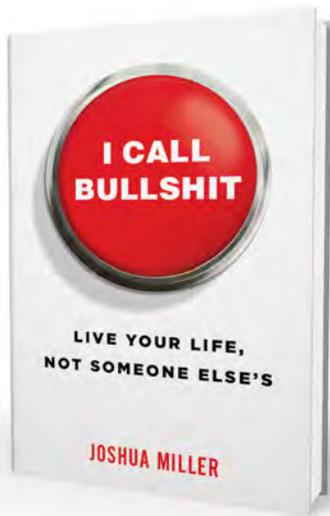
ABOUT THE AUTHOR



Joshua Miller is a master certified personal & executive coach who spends his life supporting people to bury their bullshit and uncover the greatness they already have. He started his career as a Creative Director in advertising, responsible for the campaign strategies of Fortune 100 brands, and now creates and supports executive leadership development for many of the same companies. He's been a Ted Talk speaker, a LinkedIn Top Influencer, a contributing writer for major Industry related journals like Thrive Global and Medium, and creator of "MyInstantCoach", the first life-coaching app for the iPhone. Married with two children living in California, this former Manhattanite is currently dedicating himself to finding the best "slice" of pizza on the West Coast.

ABOUT THE BOOK

I Call Bullshit challenges you to be true to your dreams, your purpose, and yourself.



Joshua Miller wants you to be happy. Not just getting by, not just successful by society's standards, but can't-wait-to-wake-up-every-single-day happy. If you're shaking your head, convinced that this is impossible for you, Joshua calls bullshit. The life you want is attainable—you simply need to reconnect with the person you really are.

I Call Bullshit: Live Your Life, Not Someone Else's takes the wildly overcomplicated advice presented by the self-help industry, distills it down to its basic principles, and reveals how those principles can help you become your authentic self. With insights designed to shake you out of your complacency, Joshua will show you how to face your problems head-on and conquer them with strategies that work for you. Your life doesn't have to suck. Honest.

SOCIAL MEDIA



24K



127K

CONNECTIONS
TOP 10% MOST CONNECTED



16.3K



6.9K

FRIENDS/FOLLOWERS



45K

UNIQUE VISITORS PER MONTH



27K

CONTACT

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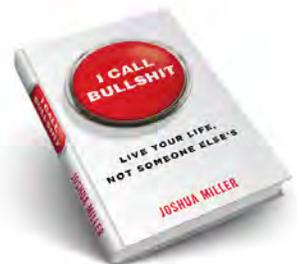
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EXCERPTS FROM THE BOOK

WHY I'M CALLING BS

Most people deeply believe they're not worthy of a better life. They think life dealt them a bad hand, and there's nothing to do but accept it. That's bullshit. Instead of living a life you've "accepted" or, worse, living a life you think others would want you to live - stop and ask yourself what "you" want. You got to the point you're at now because you made choices, some great and some shitty. It's okay. We have all done the same thing. At some point, you also decided to stop challenging yourself in some areas of your life and that's when you hit cruise control. Now is your opportunity to shift gears, to act in a way that will make you feel whole and happy. Anybody can change. I love it when someone laughs at the idea of changing their life. It tells me that they are scared of something and that fear can be a great driving force to motivate you into action. Every second of every day, you have an opportunity to choose how your life is going to go. You and you only. You can always turn it around, because at the end of the day, life is a series of choices strung together Those choices create a story—you're either going to tell your own or give the pen to someone else to write it.

A BS-FREE BOOK

Change is going to take some work. At times, you're going to feel uncomfortable—don't be afraid, you'll live. But you must do the work. No one else is going to do it for you. My own coach always says to me, "This is the show. There's not a dress rehearsal. This is it. Either get out on stage, or go sit in the audience." I sat in the audience for a long time, angry because I thought I deserved more. The "more" came, but not until later, after I had done the work. I'm going to help you get there too, and I'm going to do it without psychobabble, without over-promising, and most importantly, without any bullshit. We're going to examine the four main areas of your life: relationships, finances, career and wellness and I am going to provide you with practical and actionable step to take ground and ultimately take back your life.

WHAT BS IS HOLDING YOU BACK?

If you're like most people, you've probably never stopped to ask yourself, "What's my purpose?" If you're like most people, you don't know what "purpose" even means. Many times, purpose is confused with passion (more on this topic in Chapter 4). When I ask my clients to tell me their purpose, they usually have a few questions of their own: "My purpose? Where? Here? Today? On the planet?" The answer is: yes, all of it. Think bigger than yourself. There is no right or wrong answer. To figure out what it means for you, look beyond your environment, your friends, your social media feeds. You must look inward. Once you know your purpose, the work really begins. Now, it's time to figure out why you haven't fulfilled it yet. What's holding you back? Is it fear? Ego? The fear of your ego? That nasty voice inside your head telling you you'll never do the things you want to do? If it's any or all of those, good news! You're just like everyone else. Knowing these two key pieces of information—what you should be doing and why you're not doing it—will start you on the path to becoming the person you want to be. Get ready for a change.

CULTIVATE YOUR OWN HAPPINESS

If you don't act, you're not going to get anywhere. It's that simple. You have to physically do the work. We've gotten good as a society at expecting others to do the work for us, but self-improvement is one area where you can't just throw some money at it and make it go away. If you want to get your dream job, you can't hire someone to get it for you. If you want to find love, you are required to go on the dates. Don't expect anyone else to be responsible for your happiness. When it comes to figuring out what you want out of life, there is no need to over complicate things. Simply ask yourself what truly makes you happy, and figure out how you're going to do it.

TESTIMONIALS

Do you really want to change? If so, Joshua Miller's book "I Call Bullshit" will challenge you to really do it this time. Straight to the heart of the matter, this is a book you don't want to miss!

- Marshall Goldsmith - The author of the #1 New York Times bestseller - Triggers.

"Finally a book where every sentence tells it like it is. If you are looking for a book to pat you on the back, then I Call Bullshit isn't for you. If you want a book that's going to help you change your life, then you've found it."

- Ryan Serhant, Star of Million Dollar Listing NY & Producer of "Sell It Like Serhant" on Bravo TV

"I've been blessed in my life to learn and grow under some of the most impactful leaders of my generation. The insight, motivation, and simplicity Joshua Miller uses to reach, teach, and inspire is incredible. He certainly has the "IT" factor, and this book reflects ALL of that."

- Steve Weatherford, Super Bowl Champion, 10-year NFL veteran, Fittest Man in the NFL

Josh's work will resonate with you at a deep and authentic level. Its real and at times, raw..having you both think and act and that's exactly what a book should do. This is a must read for anyone who wants to live fully and honestly in all facets of their life.

- Dr. Marcy Greenberg, EVP of People, Realtor.com

"Joshua Miller has the courage to unfilter the bullshit truth, a required skill to become an exceptional leader and a masterful coach. He is not only a peer but a beacon to the industry."

- Dov Baron, Inc Magazine Top 100 Speaker, Best Selling Author: Fiercely Loyal: Retain Top Talent

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