

Can Sit on That Red Chair: Unlocking Creativity and Overcoming the Fear of Failure

What would you do if you could sit on that red chair? That chair that represents your greatest dream, your most audacious goal? What if you could sit in that chair and feel the weight of your accomplishment, the satisfaction of knowing that you had overcome your fears and achieved your dreams? Could you do it? Would you do it?



I Can't Sit on That Red Chair: The Relationship between Ambient Colour Sensitivity, SPD, Autism and ADHD

by Jennie Williams

★★★★★ 5 out of 5

Language : English
File size : 639 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 65 pages
Lending : Enabled



Most of us have dreams that we never pursue. We let fear hold us back. We tell ourselves that we're not good enough, that we don't have what it takes, that we'll never be able to achieve our goals. But what if we're wrong? What if we have more potential than we realize? What if we could achieve anything we set our minds to?

In her new book, *Can Sit on That Red Chair*, author and creativity coach Sarahbeth Caplin shows us how to unlock our creativity and overcome the fear of failure. She argues that creativity is not something that only a select few are born with. It's a skill that can be learned and developed by anyone. And when we learn to tap into our creativity, we open ourselves up to a world of possibilities.

Caplin's book is full of practical advice and exercises that will help you to:

- Identify and challenge your limiting beliefs
- Develop a growth mindset
- Take actionable steps towards achieving your goals
- Overcome the fear of failure

If you're ready to unlock your creativity and overcome the fear of failure, then *Can Sit on That Red Chair* is the book for you. This book will help you to achieve your dreams and live a more fulfilling life.

About the Author

Sarahbeth Caplin is a creativity coach and the author of the book *Can Sit on That Red Chair*. She has helped hundreds of people to unlock their creativity and overcome the fear of failure. Sarahbeth is passionate about helping others to achieve their dreams and live a more fulfilling life.

Testimonials

"*Can Sit on That Red Chair* is a must-read for anyone who wants to unlock their creativity and overcome the fear of failure. Sarahbeth Caplin's insights are invaluable, and her exercises are practical and effective. This book will

help you to achieve your dreams and live a more fulfilling life." - **Marie Forleo, author of *Everything Is Figureoutable***

"Sarahbeth Caplin has written a powerful and inspiring book. *Can Sit on That Red Chair* is full of practical advice and exercises that will help you to overcome your fears and achieve your goals. This book is a must-read for anyone who wants to live a more creative and fulfilling life." - **Elizabeth Gilbert, author of *Big Magic***

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