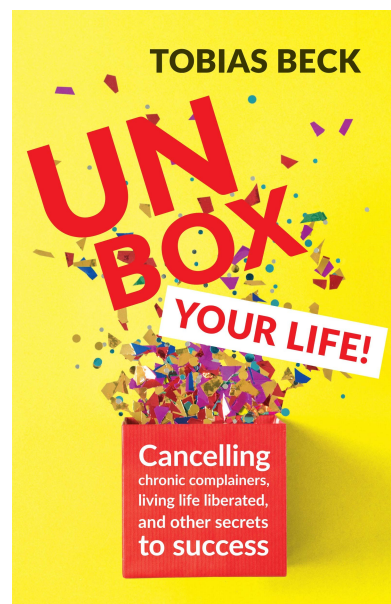


Tobias Beck

## Unbox Your Life

Cancelling chronic complainers, living life liberated, and other secrets to success



# How Keeping Negative People at Bay Can Lead to Positive Thinking and Peak Performance

## About the Book

**Successfully steer your own life instead of having it determined by others, advises Tobias Beck in this German bestseller.**

**Energy vampires, and chronic complainers.** We all know a Debbie Downer with a negative attitude, moaning the whole day long because nothing ever goes right: the weather is miserable, it's Monday, and to top it all off, the doughnut has a hole! Tobias shows us there's a way out: to simply not bother with such relationships at all. Polarizing, provocative and exaggerated, the Liberated® philosophy urges readers to liberate themselves from negative people in order to live successfully and authentically.

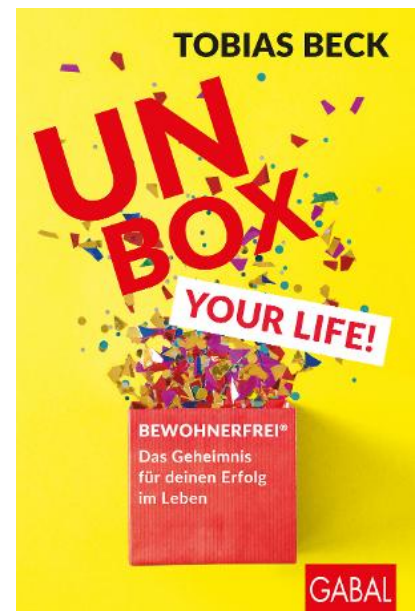
**Memorable stories and proven techniques.** With success stories that are as entertaining as they are instructive and success factors based on 15 years of personal experience in the field of personality development and behavioral psychology, Unbox Your Life features proven-to-work strategies. Easy to read and unconventional, it is part workbook, self-help, nonfiction, and narrative; it also features funny comics to illustrate how to:

- Think in terms of chances and opportunities rather than problems and risks
- Motivate yourself, forge your own path, and let yourself be guided by your dreams and vision
- Seek out people who support you, let you grow, and move forward

**If you have read books like *The Empath's Survival Guide*, *The Power of Your Subconscious Mind*, *High Performance Habits*, *Get Out of Your Own Way*, or *The 5 Types of People Who Can Ruin Your Life*, you'll love reading *Unbox Your Life*.**

- Inspirational stories to encourage you to reflect and take action
- Motivating, with actionable tips for a Liberated® life
- A humorous book about how we can live in a successful and self-determined fashion
- Podcast with 7 million downloads also available in all Lufthansa / Eurowings entertainment program;
- Instagram with 115.000 subscribers;
- Facebook 68.000 subscribers;
- YouTube 56.000 subscriber

**"Unbox Your Life will help you do just that--unbox your life and in the process discover your life's mission. Personal discovery and sense of self-worth is the foundation of any healthy relationship which is why the private victory must precede the public victory. This book is a must-read for anyone looking to build relationships that last."** — Sean Covey, President, FranklinCovey Education and New York Times best-selling co-author of *The 4 Disciplines of Execution*



## Specifications

GABAL  
144 pages

- 144 pages
- Paperback
- Illustrations
- 4C

September 2018  
Sold to: India | Egypt | Germany | Turkey | Serbia | Indonesia | Viet Nam | United States of America | Romania | Russian Federation | Mexico | Argentina | Lithuania | Hungary | China

*“His mixture of craziness and analytical insights into human nature is what makes his advice so valuable.”* **Gregor Gerlach, Co-Founder of Vapiano**

*“Tobias has an incredible ability to address taboos humorously yet with great effect.”* **Kai Schäffner, President of Vorwerk USA**



A former flight attendant with a learning disability, **Tobias Beck** has become one of Europe's most-loved speakers. His *Bewohnerfrei®* (“Liberated”) podcast reaches an audience of millions online, hitting # 1 on the iTunes download charts upon its release. As a university lecturer, he explains, in a humorous fashion, how the principles of success and motivational psychology can work for others too. Beck hosts seminars and personal consultations.