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By [Nancy Eaton](#)

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How can you become the best that you can be? The author of this book states that we have to identify and remove the constraints that are holding us back.

At the very beginning, the author provides a guideline for the reader to follow as they go through this book. The main goal of The Flip Side is to help people identify the obstacles in their way and provide the skills to get through them.

The author gives us detailed definitions of his Five Laws of Personal Constraints which he describes as "a set of simple principles that describe the impact of personal constraints in your life".

The author states that everyone has constraints and it is not only one. You might have two, three, or more. The main thing you have to do is to identify which of these constraints is causing the biggest impact on your life. The author defines the top ten killer constraints. These constraints are highlighted with stories and illustrations so the reader can recognize these behaviors in themselves and in others.

This book will give the reader a thorough understanding of constraints in their life and help them be able to overcome each of them. The author has written a detailed book that is easy to understand. At the end of each explanation of the ten killer constraints is a checklist where the reader can go through and decide if they are exhibiting any of these symptoms. Many people will be surprised to find out that it is not strength so much that will make them successful but it is really the constraints that have to be removed. Flip Flippen is the head of the Flippen Group which is one of the fastest growing corporate training companies in the U.S. Who better can help you attain real success? This book is highly recommended.

Nancy Eaton - Owner of:

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