



# **You Can Do All Things: A Systematic Approach To Overcoming Your Fears, Becoming Your Best Self, And Transforming Your World**

*Dr. Jake Schmitz*

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I wrote You Can Do All Things because I have seen many patients with recurring problems in their life that keep holding them down. I thought if they could just get past their issue or situation, they would be able to get on with life and move towards becoming their best possible selves. That being said, I also realized that I did not have the appropriate amount of time to devote to individual mentoring and counseling. I have one of the largest alternative healthcare practices in the upper Midwest. I see around 12,000 to 15,000 patients each year in my office. I only have a couple of minutes per patient, and some of them really needed the time and mentoring to move past their limitation. I was getting frustrated with this dichotomy...too much to say and not enough time to say it! That was what pushed me to write You Can Do All Things. I knew that if I could put a resource in my patients' hands, more could be accomplished with less time so that they could have the amazing transformation in their lives, without the one-on-one time it was consistently taking. You will hear some of my patients' stories throughout this book. Their stories are used to drive home the power of the principles that you are about to learn! Experience is the best instructor. I have done hundreds of group presentations for tens of thousands of people. Whether it was in dozens of churches across the country, corporations large and small, or workshops in my office, I have seen transformation through these simple principles and exercises. They work! If you apply these lessons in your life, you will be changed forever! I have seen this to be true thousands of times, and you will see it as well. So, go ahead and dive in! It will be fun for you and also a life-altering experience!

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