

GET OVER YOURSELF!

How to Drop the Drama and Claim the Life You Deserve

An inspirational and motivational book on how to achieve one's goals in life by an award-winning actress

Most of us think we know what we want, and even why we can't get it. In her frank and inspiring book, Tonya Pinkins, star of television and Broadway, shows readers techniques and exercises that help them develop their own processes for obtaining their goals. This is tough love, Tonya style.

In addition to being an actress and singer, Tonya has helped hundreds of people with her catalytic motivational seminars. She herself has seen the heights and the depths: from teen star to Tony Award winner to divorced mother on welfare to spiritual student to soaring success and unstoppable celebrity, delivering her magnificent solo performance at the 2004 Tony Awards show. In *Get Over Yourself!*, she takes the principles that helped her to succeed and puts them into a book that reaches out and grabs readers searching for a better way of life.

"You are working in the laboratory of your life. You are the scientist collecting data. One of the things you don't know is you, but you've got a really good mirror (your mirror is the way your life looks right now). How often do you look at it to see who you really are? How much of what you know about yourself comes from descriptions of you by your parents, siblings, teachers, or friends? Have you ever taken the time to find out if these descriptions were right? Well, you're going to do that now."

This exciting and empowering book will help readers fill their lives with meaning, joy, financial freedom, and the energy to give back to the universe, as the author has.

TONYA PINKINS is a Tony Award-winning actress, soap opera regular, and star of the critically acclaimed hit Broadway musical *Caroline, or Change*. She also starred in *Jelly's Last Jam* and has been featured in ABC's *All My Children*. She teaches The Actorpreneur Attitude™, a course for actors that instructs participants in how to remove hidden emotional blocks to success. She lives on both coasts and travels widely.



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