



**I Could Do Anything  
If I Only Knew What it Was**

**How to Discover What You  
Really Want and How to Get It**

**Barbara Sher  
with  
Barbara Smith**

**COULD ANY OF THESE VOICES BE YOURS?**

*“I’d have to quit my job to get what I really want, and I can’t do that—  
I’d starve!”*

*“I’ve tried so many things, and nothing does it for me.”*

*“It’s not my fault I’m not doing what I want—the world won’t give me a  
break!”*

*“I could do anything, if I only knew what it was.”*

**YOU ARE NOT ALONE!**

Almost as soon as you recognize yourself in these pages, you’ll be learning techniques that can help you follow your *real* dreams, understand the inner conflicts that stand in your way ... and find a life—and a career—that fits you perfectly.

**“A PERFECT BOOK FOR THOSE WHO DON’T KNOW WHAT THEY  
WANT TO BE WHEN THEY GROW UP.”**

*—Park Cities News (Tex.)*

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*How to Discover What You  
Really Want and How to Get It*

BARBARA SHER  
WITH  
BARBARA SMITH

A DELL TRADE PAPERBACK

*To the memory of my beloved dad, Sam Sher.  
He lit up our lives.*

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## *Acknowledgments*

**T**HANKS TO the many people who gave hours to the reading and critiquing of this manuscript—there are too many to mention by name, but you know who you are and you’ll find your influence in these pages. Four readers must be given special thanks: Susan Brauser, a great reader, and Julie Schonfeld, a fine writer (and Julie’s dad who told her what the good life is—you’ll find him quoted in the Introduction). Judith Riven went over the manuscript line by line and was a great help. The fourth reader is my wonderful mom, Nettie Sher, who was fascinated by these pages and when she finished, looked at me and said, “You should have been twins.”

Kris Dahl and Leslie Schnur are my guardian angels—the agent and the editor from heaven. I thank them for a great experience. May they live long and be well.

Most of all, I want to thank my clients who have always had the courage to confront their own lives and change them into lives they love. They have inspired me year after year, and by letting me work with them they have given me a life that I love.

—B. Sher

With thanks to Jane and Elaine, and to Maura Walker, and in memory of Stella Smith.

—B. Smith

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## *Preface*

**N**OT KNOWING what you want to do with your life is no joke. It's painful to be without direction. My first book, *Wishcraft: How To Get What You Really Want*, defines *winning* as getting what you want, and it shows step-by-step how to become a winner, how to create a life that fulfills your greatest dreams. But for years readers have been calling me, saying "I love *Wishcraft*, but I can't use it because I can't find a goal. I just don't *know* what I want."

I got curious. I wanted to know what the problem was, so I started meeting with these people who couldn't figure out what they wanted. I let them all tell their stories, and I asked some questions, and in a short time, *every time*, the same thing emerged: each of these clients was locked in an internal battle and didn't even know it.

It had never occurred to them that down deep they really knew what they wanted but their desires were masked by an inner conflict. Knowing the problem came as a great surprise—and a great relief. Now all we had to do was design a program to get around each conflict—and designing these programs turned out to be surprisingly easy. People woke up and swung into action after only one or two sessions!

This was wonderful. I decided to gather these discoveries and strategies into a book so everyone who needed help could find it. You are now holding that book.

Are you having trouble going after what you want in life because you can't figure out what it is? *I want you to know that you are not*

*alone*. Your problem is a common one and there is a way out. You're going to find yourself in these pages. And almost as soon as you recognize yourself, you'll be learning techniques that can help you. Don't be surprised if you find yourself in more than one chapter. Read them all. Most of us are complicated creatures with many sides, and the exercise that could create a breakthrough for you might be in any chapter.

Working your way through this book is going to be exciting, enlightening, sometimes a bit painful, and often very funny. Learning what's really going on inside you can be difficult, but it's also invigorating, and the rewards are enormous.

You *can* do anything if you only know what it is. And you're about to find out.