

“The ultimate seeker’s guide for those brave enough to face their true north and take their power back.”

— JENNA BLACK, INTERNATIONAL COACH

THE MOUNTAIN



YOU

TRANSFORMING SELF-SABOTAGE
INTO SELF-MASTERY

BRIANNA WIEST

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YOU

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“Brianna’s book is a beautiful expression of healing. Her insights on self-sabotage, emotional intelligence, and deep transformation are invaluable. She understands that change begins with self, and her book is a gift to the collective.”

– DR. NICOLE LEPERA, *“The Holistic Psychologist”*

“I’m of the belief that in fulfilling our deepest potential, the greatest rewards come less from outcomes and more from who we must become in order to achieve what we know we are truly capable of. In this beautifully written and eye-opening book, Brianna Wiest inspires us to scale our own mountains with powerful insights to help prepare you for the climb ahead. A must-read for those ready to do the inner work required to live a life of fulfillment, wonder, and enjoyment!”

– SIMON ALEXANDER ONG, *International Life Coach & Business Strategist*

“*The Mountain Is You* is a wake-up call that inspires hope in adversity. You’re invited to burn the rules of what you’ve been taught about yourself, as you awaken your inner hero and consciously choose a new narrative, and ultimately, create a life you deeply desire and deserve. Brianna provides an alchemy of pragmatic tools and deep soul shifts to build the courage and clarity required to climb your own personal mountain—and essentially, remember who you came here to be. The ultimate seeker’s guide for those brave enough to face their true north and take their power back.”

– JENNA BLACK, *International Coach*

“Brianna Wiest is one of my favorite writers. She combines life-changing wisdom with a unique eloquence that inspires readers to reclaim their power and change their lives for the better. *The Mountain Is You* is bound to help many people.”

– YUNG PUEBLO, *Best-Selling Author of “Inward”*

“A revelation. The words wrote struck me so deep inside, there were several moments that I had to pause from reading because my eyes filled with tears of realization and confirmation.”

– DAWN ZULUETA, *Film–Television Actress, Host & Model*

“Brianna Wiest’s masterpiece is the perfect roadmap for understanding why we self-sabotage, when we do it, and how to stop doing it—for good.”

– DR. STEVEN EISENBERG, *Wellbeing & Connection Expert, Renowned Internist & Oncologist*

INTRODUCTION

MUCH LIKE NATURE, life is very often working in our favor, even when it seems like we are only being faced with adversity, discomfort, and change.

As forest fires are essential to the ecology of the environment—opening new seeds that require heat to sprout and rebuild a population of trees—our minds also go through periodic episodes of positive disintegration, or a cleansing through which we release and renew our self-concept. We know that nature is most fertile and expansive at its perimeters, where climates meet, and we also transform when we reach our edge states, the points at which we are forced to step out of our comfort zones and regroup.¹ When we can no longer rely on our coping mechanisms to help distract us from the problems in our lives, it can feel as though we've hit rock bottom. The reality is that this sort of awakening is what happens when we finally come to terms with the problems that have existed for a long time. The breakdown is often just the tipping point that precedes the breakthrough, the moment a star implodes before it becomes a supernova.

Just as a mountain is formed when two sections of the ground are forced against one another, your mountain will arise out of coexisting but conflicting needs. Your mountain requires you to reconcile two parts of you: the conscious and the unconscious, the part of you that is aware of what you want and the part of you that is not aware of why you are still holding yourself back.

Historically, mountains have been used as metaphors for spiritual awakenings, journeys of personal growth, and of course, insurmountable challenges that seem impossible to overcome when we are standing at the bottom. Like so much of nature, mountains provide us with an inherent wisdom about what it will take to rise up to our highest potential.

The objective of being human is to grow. We see this reflected back to us in every part of life. Species reproduce, DNA evolves to eliminate certain strands and develop new ones, and the edges of the universe are expanding forever outward. Likewise, our ability to feel the depth and beauty of life is capable of expanding forever inward if we are willing to take our problems and see them as catalysts. Forests need fire to do this, volcanoes need implosions, stars need collapse, and human beings often need to be faced with no other option but to change before they really do.

To have a mountain in front of you does not mean you are fundamentally broken in some way. Everything in

nature is imperfect, and it is because of that imperfection that growth is possible. If everything existed in uniformity, the gravity that created the stars and planets and everything that we know would not exist. Without breaks, faults, and gaps, nothing could grow and nothing would become.² The fact that you are imperfect is not a sign that you have failed; it is a sign that you are human, and more importantly, it is a sign that you still have more potential within you.

Maybe you know what your mountain is. Maybe it's addiction, weight, relationships, jobs, motivation, or money. Maybe you don't. Maybe it's a vague sense of anxiety, low self-esteem, fear, or a general discontentment that seems to bleed out onto everything else. The mountain is often less a challenge in front of us as it is a problem within us, an unstable foundation that might not seem evident on the surface but is nonetheless shifting almost every part of our lives.

Usually when we have a problem that is circumstantial, we are facing the reality of life. When we have a problem that is chronic, we are facing the reality of ourselves. We often think that to face a mountain means to face life's hardships, but the truth is that it is almost always because of the years we have spent accumulating tiny traumas, adaptations, and coping mechanisms, all of which have compounded over time.

Your mountain is the block between you and the life you want to live. Facing it is also the only path to your freedom and becoming. You are here because a trigger showed you to your wound, and your wound will show you to your path, and your path will show you to your destiny.

When you arrive at this breaking point—the foot of the mountain, the heat of the fire, the night that finally wakes you—you are at the crux of the breakdown, and if you are willing to do the work, you will find that it is the entry-way to the breakthrough you have spent your entire life waiting for.

Your old self can no longer sustain the life you are trying to lead; it is time for reinvention and rebirth.

You must release your old self into the fire of your vision and be willing to think in a way you have never even tried before. You must mourn the loss of your younger self, the person who has gotten you this far but who is no longer equipped to carry you onward. You must envision and become one with your future self, the hero of your life that is going to lead you from here. The task in front of you is silent, simple, and monumental. It is a feat most do not ever get to the point of attempting. You must now learn agility, resilience, and self-understanding. You must change completely, never to be the same again.

The mountain that stands in front of you is the calling of your life, your purpose for being here, and your path finally made clear. One day, this mountain will be behind you, but who you become in the process of getting over it will stay with you always.

In the end, it is not the mountain that you must master, but yourself.