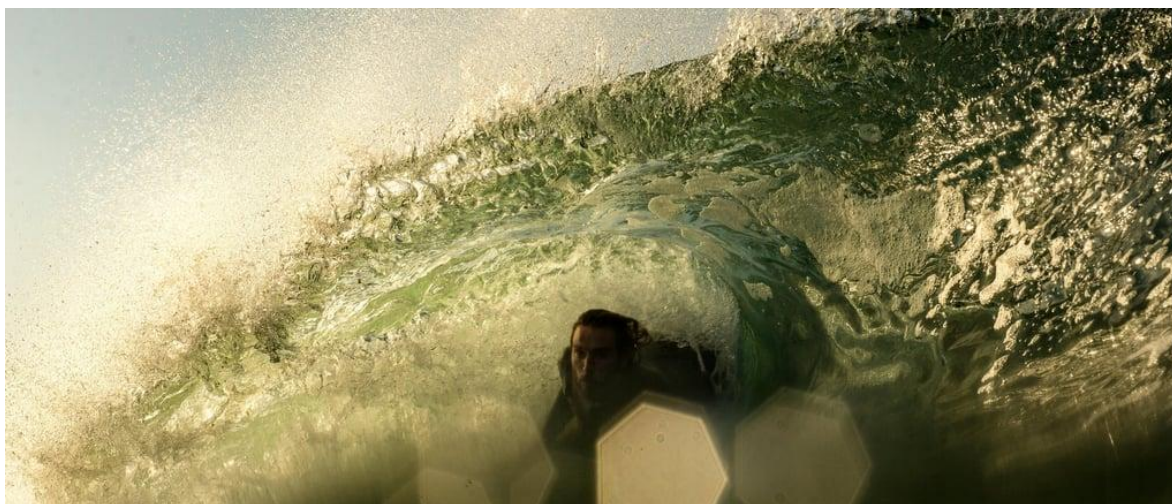


The Power of Now – Eckhart Tolle (B2 Level)

ULTIMATE READING

TEACHER IGNACIO CHAVEZ

9/6/20252 min read



The Mountain Is You by Brianna Wiest **explores** how self-sabotage stops us from growing and how we **can** transform our biggest challenges into our greatest strength. Wiest explains that the “mountain” represents our inner struggles — the fears, doubts, and emotions we avoid. When we face them, we **can** rise to a higher version of ourselves.

This book **reminds** us that personal transformation is not easy, but it **can** happen when we take responsibility for our emotions and decisions. The mountain is not something outside of us — it is us. And we **can** climb it.

1. Facing Your Mountain

Brianna Wiest says that before you grow, you must face what has been holding you back. You **can** hide your pain for a while, but it will always appear until you learn from it. Every obstacle **can** become a mirror showing you what you need to heal.

“Your new life will cost you your old one.”

This means you **can** start again at any moment if you are brave enough to let go of who you were.

2. Understanding Self-Sabotage

Self-sabotage happens when you stop yourself from reaching your potential. You **might think** you want change, but deep inside, you are afraid of it. Wiest explains that we **can** only move forward when we accept this fear.

You **can** replace negative patterns with healthy actions:

- You **can** write about your fears.
- You **can** talk to someone you trust.
- You **can** forgive yourself for past mistakes.

When you choose awareness over fear, you **can** finally grow.

3. Healing and Transformation

Healing doesn't happen in one day. It is a process — and you **can** learn to enjoy it. Wiest says that the goal is not to be perfect but to be aware. When you fall, you **can** choose to stand up again. When you feel lost, you **can** ask what the moment is trying to teach you.

“You are not broken. You are becoming.”

Through healing, you **can** find wisdom, confidence, and peace within yourself.

4. The Power of Emotional Awareness

Your emotions are not your enemies — they are messages. When you listen to them, you **can** understand what you truly need. Anger **can** show you where your boundaries are. Sadness **can** help you release what no longer belongs to you. Even fear **can** teach you to protect your energy.

Emotional awareness **can** turn confusion into clarity and pain into purpose.

5. Becoming Your Higher Self

Wiest reminds us that our higher self is already inside us — it's the part of us that believes, forgives, and acts with love. To reach it, you **can** practice patience and self-compassion. You **can** change your habits, your thoughts, and your direction at any time.

“The mountain is you, and you are stronger than you think.”

When you trust yourself, you **can** overcome anything.

Main Ideas

1. You **can** turn your pain into power.
2. You **can** break cycles of self-sabotage through awareness.
3. You **can** heal by accepting your emotions.
4. You **can** find meaning even in difficult moments.
5. You **can** always start again and rebuild yourself.

Final Message

The Mountain Is You teaches that every problem we face is an invitation to grow. You **can** choose to keep avoiding your mountain, or you **can** decide to climb it. Each step will make you stronger, wiser, and freer.

When you reach the top, you will not only see the view — you will realize that the mountain has always been your teacher.

“You can rise. You can change. You can become everything you were meant to be.”

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