

Stop Killing Your Dreams – Press Kit

Book Overview

Title: Stop Killing Your Dreams: The No-Bullshit Guide to Breaking Free from Self-Sabotage

Author: B.E. Davis

Publisher: Live Dreams Publishing (Digital Edition, 2025)

Genre: Self-help / Personal development

Synopsis

Stop Killing Your Dreams is a no-nonsense guide to recognizing and overcoming the subtle forms of self-sabotage that keep talented people stuck. Drawing from more than two decades of coaching experience, B.E. Davis exposes ten patterns—ranging from perfectionism and procrastination to fear of success and comfort-zone living—and shows readers how to replace them with honest self-awareness and decisive action. The tone is direct, compassionate and designed to provoke change: Davis doesn't sugar-coat the problem but provides clear tools to break the cycle and reclaim the dreams you've been avoiding.

About the Author



B.E. Davis

B.E. Davis is a certified professional coach, entrepreneur and speaker known for his tough-love approach to personal transformation. After spending two decades watching brilliant people “almost succeed,” he developed a coaching philosophy that combines psychology, strategy and uncompromising honesty. Davis has navigated his own journey from corporate life to entrepreneurial success and knows firsthand what it takes to dismantle limiting beliefs—both internal and societal. He is passionate about helping people stop getting in their own way and start living up to their potential. When he's not coaching or writing, he spends time with his family, takes on new challenges and practices what he preaches by continually expanding his own comfort zone.

Themes & Key Takeaways

- **Radical honesty:** Success starts when you confront your own role in your struggles.
- **Imperfection over paralysis:** Take imperfect action rather than endlessly planning or revising.
- **Self-worth:** You deserve to pursue your goals and should stop settling for less.

- **Actionable strategies:** The book pairs hard truths with exercises and advice that readers can implement right away.
- **Empowerment:** The message is empowering rather than cynical—readers learn that they can rewrite their story by changing their mindset and behaviours.

Chapter Overview

Self-Sabotage Pattern	Key idea
The Perfectionist's Prison	Perfectionism disguises itself as excellence but is actually fear of criticism that keeps you from finishing or sharing your work.
Procrastination Nation	Avoiding tasks until the last minute isn't laziness; it's anxiety and fear masquerading as "I work better under pressure."
The Fear of Success Trap	We say we want success but subconsciously view it as dangerous; this fear makes us undermine our own progress.
Comparison Is the Thief of Joy	Measuring yourself against others' highlight reels erodes your confidence and stops you from acting on your own goals.
The All-or-Nothing Avalanche	Extreme "perfect or bust" thinking leads to cycles of intense effort followed by burnout and resignation.
Playing Small in a Big World	Downplaying your talents and avoiding leadership keeps you comfortable but deprives the world of your gifts.
The Rejection Collection	Pre-rejecting yourself by never applying or sharing ensures you never hear "no" — or "yes."
Analysis Paralysis	Endless research and planning feel productive but serve as a way to avoid committing to a direction.
The Self-Worth Saboteur	Feeling undeserving leads you to accept less than you're worth and step aside when opportunities arise.
The Comfort Zone Conspiracy	Staying with the familiar feels safe but slowly kills your dreams by keeping you from taking risks.

Why This Book Stands Out

- **Real talk:** Davis uses a direct, conversational tone that cuts through euphemisms and gets to the heart of the issue.
- **Relatable examples:** Each pattern is illustrated with stories drawn from real coaching clients and everyday situations.

- **Diverse perspective:** As a Black entrepreneur and coach, Davis brings a perspective that acknowledges both personal and societal obstacles.
- **Action-oriented:** Readers walk away with clear steps to identify their own sabotage patterns and strategies to overcome them.

Target Audience

- Professionals, artists and entrepreneurs who feel they're "getting in their own way."
- Readers of self-help and personal development who appreciate candid advice.
- Anyone who recognizes procrastination, perfectionism or fear of success in their own life.
- Coaches, therapists and mentors looking for tools to help clients break limiting patterns.

Suggested Interview Questions

1. What inspired you to write *Stop Killing Your Dreams*?
2. Which self-sabotage pattern do you see most often, and why?
3. How can readers begin to identify their own sabotage behaviours?
4. Why do so many people fear success as much as failure?
5. What's your favorite success story from someone who's applied these principles?

Contact Information

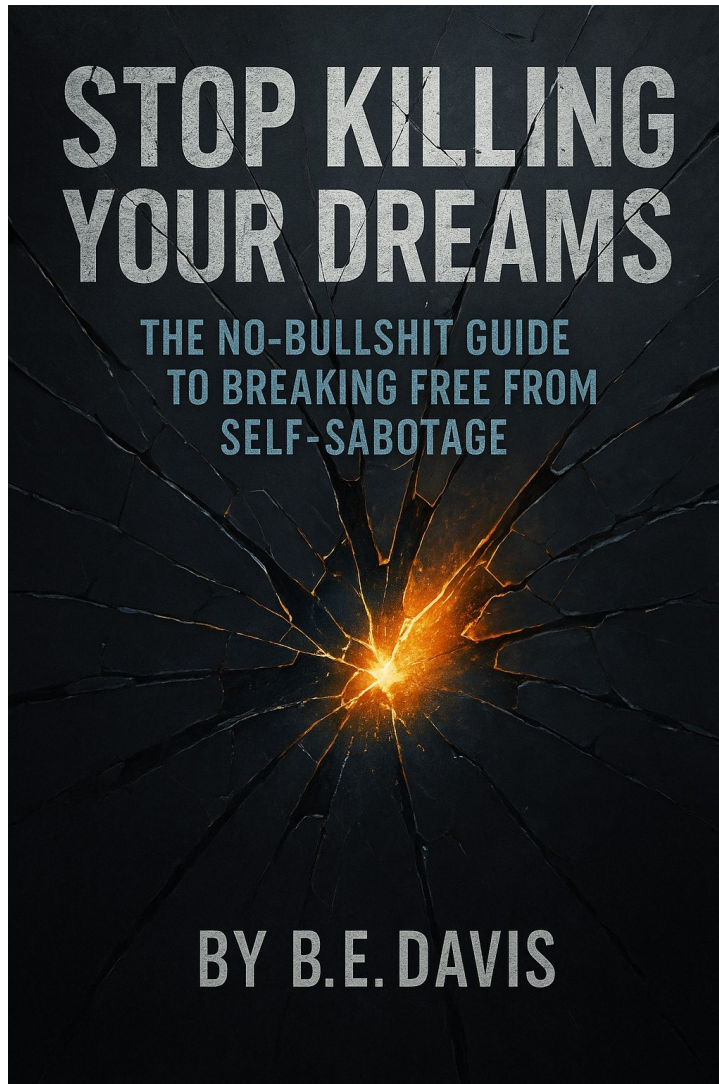
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Book Cover



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