

“Devon distils profound insights from his inspirational story of transformation. In doing so he affirms the human struggle, making us feel less alone and revealing the wisdom in our wounds.

Whatever we’ve been through, he not only makes us feel we can get over it, he gives us the tools to do exactly that.”

**Justin Cohen, author of *Winning With Relationships***

Devon Brough knows what it’s like when you say you’ve hit rock bottom; when you can’t take it any more; when you’re so low you’re wondering whether it’s worth living any more. He’s been there, got the T-shirt.

Having suffered years of substance abuse, volatile relationships and self-destructive behaviour, Devon finally heeded the advice of R Narayan Murthy – that “Growth is painful. Change is painful. But nothing is as painful as staying stuck where you don’t belong.”

The process of change begins with one simple decision. It truly doesn’t matter what you’ve done or who you’ve been – there is tremendous power when you decide that you’ve had enough. From this comes the realisation that, no matter the mistakes of your past, you deserve to be happy and successful.

In *Get OVA It!*, Devon presents his real-world method for anyone stuck in a life rut to break free from the pain and sadness holding them back. Ownership, Vision and Action stack together to form the structure of his programme – used in tandem they provide the opportunity for profound transformation. They will allow you to:

- Master your mindset;
- Rewrite your limiting thoughts and beliefs;
- Positively shape how you think and what you feel;
- Empower yourself to make healthy choices;
- And, crucially, take action towards achieving your life goals.

“Whatever we’ve been through, Devon not only makes us feel we can get over it, he gives us the tools to do exactly that.” – JUSTIN COHEN

# GET OVA IT!

A real-life solution  
to **get unstuck**  
and **break free**

OWNERSHIP, VISION & ACTION

GET OVA IT!  
OWNERSHIP, VISION & ACTION  
DEVON BROUGH

# DEVON BROUGH



WWW.BURNETMEDIA.CO.ZA

ISBN 978-1-990956-37-9

