

Amazon Best Seller 'You Are Capable of More' by Chris Sund Explores Leadership, Mindset, and Personal Growth

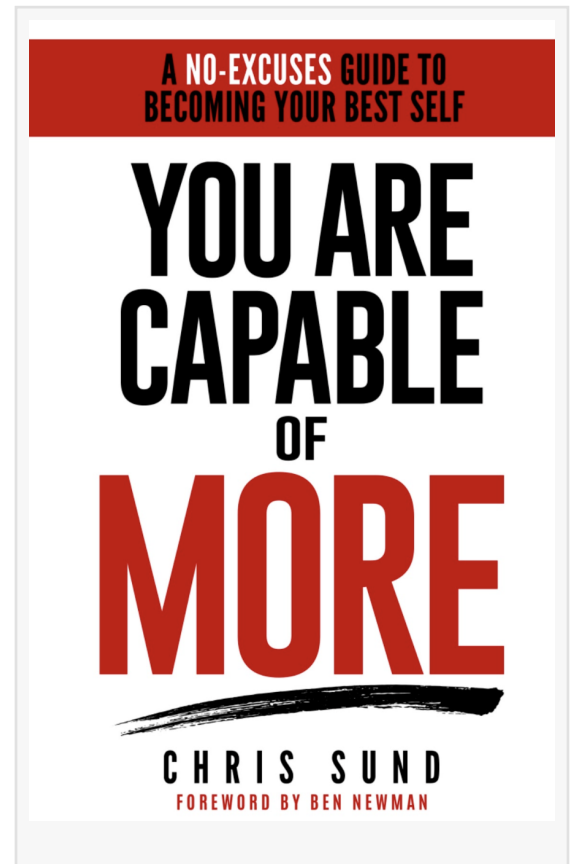
FREMONT, NE, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- Author, keynote speaker, and executive [Chris Sund](#) has announced the global release of [You Are Capable of More: A No-Excuses Guide to Becoming Your Best Self](#), a new personal development book published by Game Changer Publishing. The book recently achieved Amazon Best Seller status and examines leadership, resilience, personal accountability, and the role of disciplined action in personal and professional development.

Drawing from Sund's experience in executive leadership, organizational growth, and public speaking, *You Are Capable of More* examines the factors that can influence an individual's ability to pursue meaningful goals and sustain progress over time. The book focuses on the relationship between mindset, daily habits, personal responsibility, and long-term development.

"My whole mission is helping people become the best version of themselves, and that is not about becoming perfect," said Sund. "It is about becoming better. What stops most people is not ability. It is the voice that says you are not ready, the comfort that says you are fine where you are, and the calendar that says not this week."

Ahead of the book's release, Sund conducted original research on the subject. In a survey of more than 200 respondents, 92 percent reported believing they were capable of more than they were currently achieving. The top barriers they named were self-doubt, fear of failure, limited time, and comfort with current circumstances. The findings are published as The Untapped Potential Report at [YouAreCapableOfMore.com](#), alongside the full survey data and a set of related assessments and worksheets.

Throughout the book, Sund draws on lessons from his professional and personal experiences to examine how patterns of thinking and behavior can affect leadership, career development,



relationships, and decision-making. He also discusses the role that consistency and accountability can play in navigating periods of growth, adversity, and change.

Topics addressed in *You Are Capable of More* include limiting beliefs, personal accountability, resilience, daily discipline, habit formation, and the relationship between action and confidence. The book also considers how individuals and leaders can identify patterns that may be limiting progress and develop more intentional approaches to personal and professional growth.

A central theme of the book is Sund's position that capability is often developed through action rather than determined solely by circumstances, talent, or motivation. The book places particular emphasis on consistent behavior and personal responsibility as factors in long-term development.

You Are Capable of More opens with a foreword by Ben Newman, a USA Today Top 5 Performance Coach and two-time Wall Street Journal bestselling author.

"No matter where you're at in life right now, you are capable of finding that next level, and in the pages that follow, Chris Sund will tell you exactly how to do it," Newman writes in the foreword.

The book's Amazon Best Seller recognition follows its global release and reflects early interest in its themes of leadership, resilience, mindset, and personal development. The release also comes at a time when adaptability, employee development, organizational culture, and leadership effectiveness continue to be prominent topics across business and professional development.

Sund brings an active executive leadership background to the subjects explored in the book. As President and COO of Uniti Med and GQR Healthcare, he led the organizations through a period that included 12x revenue growth over two years. During that period, the organizations received recognition including a No. 3 ranking on the Inc. Regionals Midwest list, as well as workplace recognition from Fortune and Great Place to Work.

In addition to his executive work, Sund is a keynote speaker and host of the Amplify Speakers Podcast. He also serves as Vice President of the NATHO Board of Directors. His work focuses on leadership, organizational development, performance, and personal growth.

You Are Capable of More: A No-Excuses Guide to Becoming Your Best Self is available globally in paperback, hardcover, and Kindle editions.

Additional information about the book is available at YouAreCapableOfMore.com. Information about Chris Sund and his speaking work is available at ChrisSund.com.

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