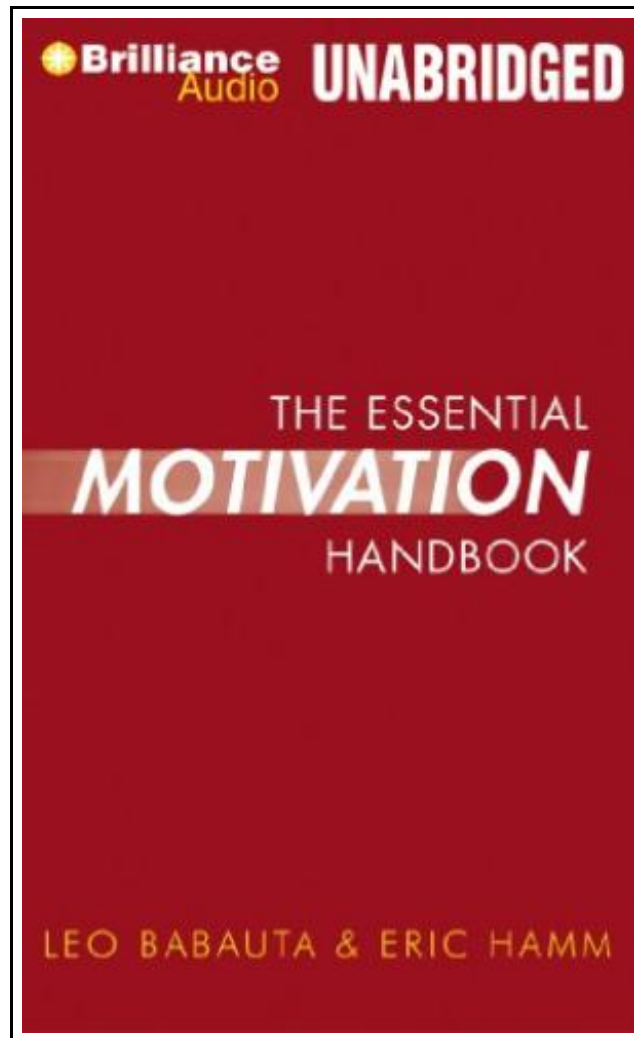


The Essential Motivation Handbook



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Reviews

*Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing.
You will like how the writer write this book.
(Dr. Daren Mitchell PhD)*

THE ESSENTIAL MOTIVATION HANDBOOK



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BRILLIANCE AUDIO, United States, 2011. CD-Audio. Book Condition: New. Unabridged. 140 x 130 mm. Language: English . Brand New. I ve long wanted to put together a motivation book - I get emails and comments from readers every day in need of motivation to reach a goal, to stay focused, to exercise, to be productive, to just get up off their butts and do something. But I wanted to add something, add value greater than I already offer on Zen Habits. And so I turned to Eric Hamm of the Motivate Thyself blog, and found the perfect partner for this book. Eric writes about motivation all the time -- it s the lifeblood of his blog, and what he lives every day. He knows motivation as well as I do. The two of us have accomplished a lot, working for others and working for ourselves. We ve had plenty of failures, and through these failures have learned tons about motivation, and about ourselves. It s from these failures that we ve gathered the attitudes and methods that actually work, that have given us the motivation needed to achieve our goals. It s our hope that we ll pass on some of this practical advice to you, and that you ll go on to use it to achieve great things yourself. Even if you ve already achieved great things, at the very least I know this book will serve as a basic reminder and give you a little shove when you need it. I recommend using this book like this: read it in little bits, and put them into action. And when you need a bit of motivation, pull it up and read some more, and then get your butt into action again. Good luck, my friends, and may all your...



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