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the motivation manifesto is a poetic and powerful call to reclaim your life and find your own personal freedom from brendon burchard the world s 1 high performance coach and 1 new york times bestselling author of high performance habits it s a triumphant work that transcends the title lifting the reader from mere motivation into a soaringly purposeful and meaningful life i love this book paulo coelho the motivation manifesto is a call to claim our personal power world renowned high performance trainer brendon burchard reveals that the main motive of humankind is the pursuit of greater personal freedom we desire the grand liberties of choice time freedom emotional freedom social freedom financial freedom spiritual freedom only two enemies stand in our way an external enemy defined as the social oppression of who we are by the mediocre masses and an internal enemy a sort of self oppression caused by our own doubt and fear the march to personal freedom brendon says can be won only by declaring our intent and independence stepping into our personal power and battling through self doubt and the distractions of the day until full victory is won recalling the revolutionist voices of the past that chose freedom over tyranny brendon motivates us to free ourselves from fear and take back our lives once and for all in this life changing personal growth book brendon presents his nine declarations for personal power and motivation drawing on insights from his own personal journey and from the lives of some of history s greatest leaders and thinkers each chapter focuses on one of the nine declarations offering practical strategies and exercises to help you apply these principles to your life whether you re seeking to overcome self doubt boost your confidence or achieve your goals the motivation manifesto is an invaluable guide to unlocking your full potential with its inspiring message and actionable advice this bestselling book is a must read for anyone who wants to unleash their inner greatness with the power of determination resilience and an empowering mindset

many can now have the skills to self motivate themselves at will who never thought they could perhaps you re browsing through these books because you recognize you have a problem how to be more motivated you hate it but you feel you have to do it a project perhaps desperate how to stay motivated to lose weight how to motivate yourself to study how to motivate your kids or others you care about whatever it may be the problem is the same weak motivation or even no motivation at all my goal for you today is teach you about the nature self motivation what it is what s killing it and how to program a motivated brain at will that s right learn what motivates people how you can energize your excitement passion inspiration and inner drive to do the task at hand cool superpower aint it if you can have this power you can virtually push a button and become excited to do what you need to do you will actually feel the desire to want to do it how powerful is that imagine all the work you can do you won t need to struggle through it ever again your mind says do it and you can actually make yourself want to do it master the craft of motivation and start enjoying the benefits today grab your copy today

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if you need motivation to break out of that cage and live an energized fully engaged life this book is for you this is my story about surviving a traumatic brain injury and being comatose for a couple of months practicing alcoholism and drug addiction for four years being in numerous accidents through the years and now living with multiple sclerosis i also give you the reader a glimpse into how i stay motivated and inspired to endure this life with a smile on my face shane nicolich not only does he give you a look at his life but he shares with you the tools that enable him to keep moving forward and living the passionate life

an international best seller from brendon burchard the world s 1 high performance coach new york times bestselling author and renowned speaker in self improvement mindset and motivation these habits will make you extraordinary and help you unlock your full potential brendon burchard is the top motivation and marketing trainer in the world larry king are you ready to take your life and career to the next level this motivational book is the ultimate resource for anyone seeking to have long term success and happiness with the right training and habits anyone can become a high performer brendon burchard twenty years ago brendon burchard became obsessed with answering three questions 1 why do some individuals and teams succeed more quickly than others and sustain that success over the long term 2 of those who pull it off why are some miserable and others consistently happy on their journey 3 what motivates people to reach for higher levels of success in the first place and what practices help them improve the most which habits can help you achieve long term success and well being no matter your age career strengths or personality to become a high performer you must seek clarity generate energy raise necessity increase productivity develop influence and demonstrate courage the art and science of how to do all this is what this inspirational book is about each of the six habits is illustrated by powerful vignettes cutting edge science thought provoking exercises and real world daily practices you can

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in a society where fear has spread like wildfire the surge in stress induced illnesses should come as no surprise to achieve harmonious health we need to bring the mind and body to a less reactive state where the stress cascade won't be initiated dr evelyne leone guides us to the health threshold the unshakable balance in body mind and spirit with into the heart of health learn how to combine modern medicine psychology and spiritual healing to ease ailments balance functions in the body restoring energy and sleep cultivate an intuitive awareness about health start the healing process before visiting a doctor in this rapidly changing and unpredictable world dr leone stands boldly and beautifully among those health professionals who are both willing and equipped to deliver the facts about the true nature of healing that no human being should be without dr joseph michael levry ceo of rootlight author and composer i have known dr leone for years and i find her to be a remarkable combination of being in the very forefront of modern medicine a pioneer in understanding our psychological depths a master of spiritual healing and a leading edge thinker in the emerging field of functional medicine jean houston ph d author and chancellor of meridian university

the bestselling author of head strong and the bulletproof diet answers the question how can i kick more ass at life by culling the wisdom of world class thought leaders maverick scientists and disruptive entrepreneurs to provide proven techniques for becoming happier healthier and smarter when dave asprey started his bulletproof radio podcast more than five years ago he sought out influencers in an array of disciplines from biochemists toiling in unknown laboratories to business leaders changing the world to meditation masters discovering inner peace his guests were some of the top performing humans in the world people who had changed their areas of study or even pioneered entirely new fields dave wanted to know what did they have in common what mattered most to them what made them so successful and what made them tick at the end of each interview dave asked the same question what are your top three recommendations for people who want to perform better at being human after performing a statistical analysis of the answers he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives finding ways to become smarter faster and happier game changers is the culmination of dave's years long immersion in these conversations offering 46 science backed high performance laws that are a virtual playbook for how to get better at life with anecdotes from game changers like dr daniel amen gabby bernstein dr david perlmutter arianna huffington esther perel and tim ferris as well as examples from dave's own life game changers offers readers practical advice they can put into action to reap immediate rewards from taming fear and anxiety to making better decisions establishing high performance habits and practicing gratitude and mindfulness dave brings together the wisdom of today's game changers to help everyone kick more ass at life

from the new york times bestselling author of the charge and the millionaire messenger comes the definitive statement on motivation for our troubled times the motivation manifesto is a pulsing articulate ferocious call to claim our personal power world renowned high performance trainer brendon burchard reveals that the main motive of mankind is the pursuit of greater personal freedom we desire the grand liberties of choice time freedom emotional freedom social freedom financial freedom only two enemies stand in our way an external enemy defined as the social oppression of who we are by the mediocre masses and an internal enemy a sort of self oppression caused by our own doubt and fear the march to personal freedom burchard argues can only be won by declaring our intent and independence stepping into our personal power and battling through self doubt and the distractions of the day until full victory is won recalling the revolutionist voices of the past that chose freedom over tyranny burchard at times poetic yet always fierce motivates us to free ourselves from fear and take back our lives once and for all

this is a quick read summary of the book the motivation manifesto by author brendon burchard this version will give you the main ins and outs of the original book in a short and precise

manner sticking with the topic of motivation and how you can learn how to claim your own personal power by using the tips and suggestions that are provided within the book if you are someone who is searching for ways that can help you to keep yourself motivated in pursuing your personal dreams then this is a book you will certainly benefit from why should you download this book if you are a person looking to find ways of learning how to build up your self confidence that will lead you to be more motivated in your life then you should download this book it explains in a most unique way how our personal freedom can be taken away from us if we are not strong and fight to remain in control of it this is a preview of what you ll learn achieve personal freedom learn about social and self oppression money is nothing more than a concept learn how to change your doubt into faith learn how to become the master of your own life would you like to know more download your copy today available on pc mac smart phone tablet or kindle device c 2015 all rights reserved

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