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## The Essential Motivation Handbook

By Leo Babauta and Eric Hamm, Eric Hamm

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...



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