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Giant Steps | Book by Tony Robbins, the Author | Official ...

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WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in Awaken the Giant Within,best-selling author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

Based on the finest tools, techniques, principles and strategies offered in AWAKEN THE GIANT WITHIN, bestselling author Anthony Robbins offers daily inspirations and small actions that will compel you to take giant steps forward in the quality of your life. Robbins shows you how to get maximum results with a minimum investment of time. 'Robbins' GIANT STEPS is the ultimate game plan for life. It's an emotionally interactive primer for personal and professional success' PETER GUBER, CHAIRMAN AND CEO, SONY PICTURES ENTERTAINMENT

A guide based on the author's "Awaken the Giant Within" offers suggestions for everyday living to encourage readers to take control of their lives and initiate change and growth by altering beliefs

This re-packaged, motivational guide is based upon Awaken the Giant Within, bringing Robbins's message to those wishing to improve their quality of life. His advice includes focusing on where you want to go, and not on what you fear, and making it easy to feel good and hard to feel bad.

NOTES FROM A FRIEND is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles that make Anthony Robbins an international leader in peak performance. Based on the concepts and stories in the bestselling AWAKEN THE GIANT WITHIN and UNLIMITED POWER, Anthony Robbins shows us how quick and simple it can be to take charge of your life. 'Vintage Tony Robbins...It distills the complexity of human potential movement into one single but powerful idea' JAMES REDFIELD, THE CELESTINE PROPHECY 'Tony's warmth, passion, and commitment will inspire you to truly master your life and touch others in the process' KENNETH BLANCHARD, PH.D., AUTHOR OF THE ONE MINUTE MANGER

"On some days your dreams may seem too far away to realize... Listen to the whispers of those that came before..." People throughout history have taken giant steps toward improving the world--but even the smallest step makes a difference. A wonderful and inspiring gift, Giant Steps to Change the World encourages readers to follow in the footsteps of those who came before, to reject fears of inadequacy, and to ponder what they can contribute to society.

For all people in search of the knowledge and courage to remake their lives and achieve their dreams, this inspirational calendar presents 365 daily reminders and suggestions.

The author offers advice on such matters as mastering emotions, overcoming debilitating habits such as over-eating, drinking and drug abuse, unleashing the hidden power of body and mind, improving personal and professional relationships, and taking control of personal finances.

"Bibliography found online at tonyrobbins.com/masterthegame"--Page [643].

Emotions are the driving force behind all human action and experience. The most sublime acts of creation and the most depraved behaviour are products of human emotion unleashed. And within each one of us is the potential for the whole range of those emotions. In INNER STRENGTH, Tony Robbins shows you how to master the powerful emotional forces that drive everything you do. In this new blockbuster Robbins takes you on a journey into your deepest self, and into the next stage of your evolution where instead of ignoring or suppressing your emotions, you embrace all of them, good and bad. Robbins challenges you to strip away your intellect and your daily routines to get at your essence &e" what's behind your drive to achieve? Is it the desire to find love? To raise your children well? To be financially free? What are you doing it all for? To get more out of life, you have to own your own nature. INNER STRENGTH offers you a personal emotional fitness plan. This step-by-step regimen will help you discover which emotions dominate your life, and provide you with an emotional 'prescription' &e" an antidote to the patterns that have been holding you back. The 12-minute emotional 'workout' will transform your outlook and level of fulfillment in a matter of weeks. Harness the power of your emotions and you will not only be fulfilled, you will also achieve more and greater things than you ever thought yourself capable of.

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