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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

unlock the power of free ebooks to grow your business generate leads and turn readers into loyal paying customers in the free ebook formula sam choo a seasoned ghostwriter and publishing expert reveals the step

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 buffington 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

recharge your life and follow the path to success with this step by step guide to living up to your potential a clear cut strategy for finding your inner motivation and six practical steps that will bring you the success you deserve stop belittling yourself own your role reclaim your agenda transform your energy inspire excellence and make the moment matter the keys to understanding and activating that inner drive

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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