



100 Ways to Motivate Yourself: Change Your Life Forever

By Steve Chandler

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Live the life you've always wanted to live! 100 Ways to Motivate Yourself is packed with techniques for breaking down negative barriers and pessimistic thoughts that prevent you from fulfilling your goals and dreams. It's easy to get stuck in a humdrum life and only fantasize about what "could have been." Motivational speaker Steve Chandler helps you change that way of thinking to what "will be." His ideas will help you create an action plan for living out your vision. You will be intrigued at some of the real-life experiences upon which Steve has based his techniques—from Arnold Schwarzenegger, who told the author in 1976 that he was going to be the number one box office star in Hollywood (at the time, Arnold was only a body builder with a heavy Austrian accent), to Leonard Nimoy, whose life was reshaped through the rational, logical thought of Spock, the character he played on Star Trek. 100 Ways to Motivate Yourself is filled with proven methods for changing the way you think and developing self-creation. Steve draws on the feedback he's received from corporate and public seminar students to ensure that his methods work.

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Editorial Review

Review

Winner of the Golden Play Button Award for Best Business Audio of 1996. Chandler doesn't give you a pep talk or a gut-check...he explains the nature of achievement. He doesn't merely give you encouragement, he gives you options. An example of the difference between encouragement and options is Chandler's response to a man who came up to him at a seminar and said, "My problem is that I never seem to finish anything...." The man wanted Chandler to give him some "affirmations" to alter his "belief system." Chandler responded, "Do you think affirmations are what you need? If you had to learn how to use a computer, could you do it by sitting on a couch and repeating, 'I am great at using a computer...?'" Chandler then said, "The way to change your belief system is to change the truth about you...."[brought to you by HighBridge Audio]. -- *Dale Dauten, Star Tribune, March 19, 1997*

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