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A fictionalized account on one man's journey through a "theme park of life" after being implored by his dying fiancée to go and discover... Trapped in a prison of

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his past so he can't see the possibilities, the gifts and the choices available to him, his journey is our journey. Based on Brendon's experience teaching and coaching, he realizes that people never transform the

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quality of their lives unless their hearts and minds are truly engaged in changing - they need to have a deep, emotional reason to change. This beautiful, engaging story of love, loss and redemption will connect with

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people immediately. It will also cause readers to think and reflect on their lives more deeply, become more aware of their own life stories, accept their authentic selves, and become accountable for who they are. Brendon

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reaches out to engage hearts and minds in transforming lives with emotional edge and mental clarity. What is this golden ticket? And what kind of life does it really gain us admission to? The chapters are arranged into

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life lessons around 4 gates to transformation: Awareness, Acceptance, Accountability, and Action. "Whatever you do, pay the price of admission for Life's Golden Ticket! This book is entertaining, provocative and

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loaded with wisdom. Honestly, this is the most original book I've read in years!" (Bill Treasurer, CEO, Giant Leap Consulting and author of Right Risk - Ten Powerful Principles for Taking Giant Leaps with Your Life) "I

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read the story in one sitting, I just couldn't put it down. I cried, I laughed, I cheered, I wondered where it was all going - and when I finished, I was so thankful for the journey" (K C George, Corporate Program Manager,

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VISA USA) "Life's Golden Ticket is wise without being preachy, inspiring without forgetting insight, entertaining without sacrificing empowerment. Brendon Burchard shows incredible depth, compassion,

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and wisdom on every page. He has given us a true gift." (Kelley Graham, Director, Levi Strauss & Co)

"The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our

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own personal freedom. 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

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pulsing, articulate, ferocious 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

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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

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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 be won only by

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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

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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. High Performance Habits: How Extraordinary People Become

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that Way (2017) is a self-help book by motivational guru Brendon Burchard. Addressing high achievers who want to maximize their professional performance and live a meaningful life, Burchard boils

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success down to six high-performance habits... Purchase this in-depth analysis to learn more.

Experts Academy Press is proud to present the first and only leadership book on the market

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that is (1) intended for students, (2) written from both theoretical and popular viewpoints, and (3) structured with a real-world, service-oriented framework that students can instantly use to make a difference in their

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classrooms, communities, and early careers. Leadership is conceptualized from the principles that it is a collective and participative process, different from management, and firmly rooted in service. The

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book's framework--Envision, Enlist, Embody, Empower, Evaluate, and Encourage--reflects six key leadership practices students must learn in order to lead with competence and confidence.

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The Student Leadership Guide has been praised by educators and students alike for its theory-backed content and its practical, inspiring call to action and service.

Yellow

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Make a Difference and a Fortune
Sharing Your Advice
Summary & Analysis
bailly de S. Germain des-prez
25 Heartwarming Celebrations of
Humanity
Summary

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THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author 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

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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 After extensive original research and a decade as the world ' s leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the

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edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers.

Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise

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necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six

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habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you 've ever wanted a science-backed, heart-centered plan to living a better quality of life, it 's in your hands. Best of all, you can measure your progress. A link to a free professional

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assessment is included in the book.

This New York Times and USA TODAY bestseller is the perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress,

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worry, and anxiety. Give it to fans of The Confidence Code for Girls and Raina Telgemeier's Guts. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on suggestions and tips, **SUPERPOWERED** will be

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embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors,

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identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an acronym that inspires mindfulness and resilience practices) and gain lasting mental strength.

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BRAIN PRESCRIPTIONS THAT REALLY WORK In this breakthrough bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. Here are just a few of neuropsychiatrist

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Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life: To Quell Anxiety and Panic: Use simple breathing techniques to immediately calm inner turmoil To Fight Depression: Learn how to kill ANTs (automatic negative thoughts) To Curb Anger: Follow the

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Amen anti-anger diet and learn the nutrients that calm rage
To Conquer Impulsiveness and Learn to Focus: , Develop total focus with the "One-Page Miracle"
To Stop Obsessive Worrying: , Follow the "get unstuck" writing exercise and learn other problem-solving exercises
Explains how to make an individual's life

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experiences the basis of a successful consulting business, and provides advice on setting up the business, finding clients, and other issues.

How Extraordinary People Become That Way

Summary of The Motivation Manifesto

Summary: High Performance Habits

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Change Your Brain, Change Your Life
A Skeptic ' s Guide to Growth and
Fulfillment

The Motivation Manifesto by Brendon
Burchard

**A groundbreaking book about
personal growth that
presents a uniquely**

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effective set of four tools that bring about dynamic change in the present and impart a greater understanding of the depth and complexity of the human condition over the longterm. The Tools addresses the most

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common complaint patients have about psychotherapy: the interminable wait for change to begin. Barry Michels, an LA-based therapist, was frustrated by his inability to bring his patients faster relief from

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the issues that plagued them. He found a mentor in Phil Stutz, a psychiatrist who years before devised a methodology that arose from a similar disenchantment. The traditional therapeutic model sets its sights on the

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past, but Stutz and Michels employ an arsenal of tools--exercises that access the power of the unconscious and effectively meet the most persistent problems people face--and the results are electrifying. Stutz and

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Michels are much sought-after--a recent profile in The New Yorker touted them as an "open secret" in Hollywood--and treat a high-powered and creative clientele. Their first work, The Tools transcends the

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typical self-help genre because of its paradigm-changing material, the credibility of its authors, and the instant appeal and empowerment of its message.

* Our summary is short, simple and pragmatic. It

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allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover that your experience and knowledge make you unique, and that your message can

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improve the lives of millions of people. You will also discover that : through your activities, you are accumulating knowledge and expertise that you may not be aware of; you can easily develop your skills and

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bring them to light; you can become a guide and an inspiration to an audience eager for your advice; living widely is possible if you know how to promote your added value; you can turn your expertise and advice

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into a product and sell it as such. At the age of 19, Brendon Burchard, like most of his friends, expects a classic professional career. His destiny seems traced, but a serious car accident calls into question his

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certainties. He then asks himself three questions that usually arise at the end of life: "Did I live life to the fullest?", "Did I really love?", "Did I count?". Convinced that he must testify to the meaning of

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life, Burchard will share his experiences and pass on his message: three years later, success and money are on their way. His lectures are awaited, his book, "Une chance de plus", is published. He is now one of

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the greatest speakers of the moment, along with Richard Branson and the Dalai Lama. His message is relayed by powerful associations and large companies, a powerful message that is addressed to everyone. *Buy now the

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summary of this book for the modest price of a cup of coffee!

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

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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

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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

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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

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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

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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,

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The idea that you could be
more but got in your own way
should wake you up in the
middle of the night. Dave
Hollis used to think that

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“personal growth” was just for broken people, then he woke up. When a looming career funk, a growing drinking problem, and a challenging trek through therapy battered Dave Hollis, a Disney executive

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and father of four, he began to realize he was letting untruths about himself dictate his life. As he sank to the bottom of his valley, he had to make a choice. Would he push himself out of his comfort zone to become

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the best man he was capable of being, or would he play it safe and settle for mediocrity? In *Get Out of Your Own Way*, Dave tackles topics he once found it difficult to be honest about, things like his

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struggles with alcohol and his insecurities about being a dad. Offering encouragement, challenges, and a hundred moments to laugh, Dave will help you: Discover the way for those of us who are, like he was,

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skeptical of self-help but wanting something more than the status quo Drop negative ideas about who we are supposed to be and finally start living as who we really are See our own journeys more clearly as he

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unpacks the lies he once believed—such as “I Have to Have It All Together” and “Failure Means You’re Weak” Learn the tools that helped him change his life, and may change your life too Get Out of Your Own Way is a call to

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arms for anyone who's interested in a more fulfilled life, who, along the way, may have lost their "why" and now wonders how to unlock their potential or be better for their loved ones.

Peak Performance

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The Tools

**9 Declarations to Claim Your
Personal Power**

Analysis of Brendon

Burchard's High Performance

Habits by Milkyway Media

**(And Quit Settling for
Survival) !**

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Summary of High Performance Habits

This collection of highly creative and incredibly moving visual stories from 25 contemporary photographers has been

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thoughtfully curated by Alice Yoo and Eugene Kim, founders of the leading art and culture blog My Modern Met. These photo essays capture magnificent displays of ordinary people—parents

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and children, husbands and wives, grandparents, friends, siblings, and pet owners—doing extraordinary things for love. From Batkid's mission to save San Francisco, to the husband

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who wore a pink tutu all over the country to bring his sick wife joy, to a collection of portraits of people "happy at 100," these heartwarming photographs will inspire boundless faith in humanity.

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**Summary of High-
Performance Habits: How
Extraordinary People
Become That Way by
Brendon
Burchard****DISCLAIMER: This
is an unofficial companion**

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**guide to Brendon Burchard's
"High-Performance Habits"**

**It is meant to enhance your
reading experience and is
not to replace the original
book. High Performance
Habits (2017) explores the**

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Six Habits that can turn an ordinary person into an extraordinarily productive person. Brendon Burchard draw on the data and statistics from one of the largest studies of the world's

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**most productive people ever
conducted to explores their
Habits and find out what
makes them productive. In
this High-Performance
Habits summary book by
Topknots Series Publishing,**

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Immediately!
High Performance Habits:
How Extraordinary People
Become that Way (2017) is a
self-help book by
motivational guru Brendon
Burchard. Addressing high

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achievers who want to maximize their professional performance and live a meaningful life, Burchard boils success down to six high-performance habits... Purchase this in-depth

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summary to learn more.

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of Option B, Originals, and Give and

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Take "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of Thrive and The Sleep Revolution "I doubt anyone can read Peak

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Performance without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of The Sports Gene A few common principles drive performance, regardless of

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the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that

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lead to great success are the same. In Peak Performance, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human

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**performance, and Steve
Magness, a performance
scientist and coach of
Olympic athletes, team up to
demystify these practices
and demonstrate how you
can achieve your best. The**

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first book of its kind, Peak Performance combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest

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**scientific insights into the
cognitive and neurochemical
factors that drive
performance in all domains.
In doing so, Peak
Performance uncovers new
linkages that hold promise**

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**as performance enhancers
but have been overlooked in
our traditionally-siloed ways
of thinking. The result is a
life-changing book in which
you can learn how to
enhance your performance**

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**via myriad ways including:
optimally alternating
between periods of intense
work and rest; priming the
body and mind for enhanced
productivity; and developing
and harnessing the power of**

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**a self-transcending purpose.
In revealing the science of
great performance and the
stories of great performers
across a wide range of
capabilities, Peak
Performance uncovers the**

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secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

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**by Brendon Burchard - How
Extraordinary People
Became That Way - A
Comprehensive Summary
6 Planners = 12-Month
Supply
Superpowered**

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**Live the Passionate Life
Get Out of Your Own Way
Timeless Indian Wisdom for
Business Leaders**

When a career-ending injury left elite athlete and professional football player Lewis Howes out

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of work and living on his sister ' s couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches ' advice from sports to

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life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In *The School of Greatness*, Howes shares the

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essential tips and habits he gathered in interviewing “the greats” on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise

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CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they

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applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, The School of Greatness gives you the tools, knowledge, and actionable

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resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness “professors” and his own experiences to teach you how to create a vision, develop

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hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our

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everyday lives.

PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. The Motivation Manifesto by Brendon Burchard - A 20-minute Summary & Analysis

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Instaread: • Summary of entire book • Introduction to the important people in the book • Analysis of the themes, important people and author style Preview of this
Instaread:Summary: The

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Motivation Manifesto by Brendon Burchard is just that, a manifesto. In direct, simple, and excited prose, Burchard exhorts readers to cast aside their self-defeating habits and replace them with a more thoughtful

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commitment to living fully in the present moment. In order to do so and arrive at the personal freedom to live a life full of genuine happiness and fulfillment, Burchard shares nine declarations for readers to make

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their own. The book's introduction, which is written in a style similar in tone to the preamble of the United States constitution, acknowledges that making the needed changes to fully and honestly live life will be

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difficult. Specifically cultivating new personal habits is hard enough, but doing so can require Herculean effort when these habits run against the grain of modern society. People who strive to establish the freedom to

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live the life they want will inevitably buck the strong...
About the Author With Instaread, you can get the summary and analysis of a book in 20 minutes. We read every chapter, summarize and analyze it for

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your convenience.

The #1 New York Times
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advice expert teaches everyday
people how to share their story
and wisdom with the world and
build a lucrative business doing

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so. In this game-changing book by Brendon Burchard, founder of Experts Academy, you 'll discover: Your life story and experience have greater importance and market value than you probably ever dreamed.

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You are here to make a difference in this world. The best way to do that is to package your knowledge and advice (on any topic, in any industry) to help others succeed. You can get paid for sharing your advice and

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how-to information, and in the process you can build a lucrative business and a profoundly meaningful life. In *The Millionaire Messenger*, legendary expert trainer Brendon Burchard pulls back the curtains on the advice

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industry and shows you a simple ten-step plan for making an impact and an income with what you know. The lessons you 've learned in life and business are about to become your greatest asset—and your greatest legacy.

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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

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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

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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!**

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High Performance Planner Full-Year Pack

Summary of High Performance Habits by Brendon Burchard:
Conversation Starters

High Performance Habits

By Brendon Burchard | Includes

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Analysis

How Extraordinary People
Become That Way by Brendon
Burchard

Rich Habits Poor Habits

When Brendon Burchard was
19 years old he was in a life-

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changing car crash. After speeding around a hairpin turn in the Dominican Republic he and his friend were catapulted into the air, and, as the car flipped, Brendon pondered three

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essential questions: Did I live? Did I love? Did I matter? When the car landed and to his amazement he was still alive, Brendon realized that he didn't yet have satisfying answers to those

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questions, but he did have an idea as to how to get them. He began the process of crafting his life story into one that would make a difference in the world, inspire others and show them how they too

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could share their passions with a wide audience. After some initial struggles, Brendon launched what has become a million dollar consulting, book writing, and speaking business, all based

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on his mission to spread his message to the world. In *The Millionaire Messenger*, Brendon offers a 10-step plan that will help readers develop their message, package their advice in an attractive way,

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gain a following, and, perhaps most importantly, make money in this effort. By following his program, ordinary people can learn to package their struggles, successes, research, or life's

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story into advice for others and become experts on any given topic. In the industry of people who share their advice and knowledge with the world and get paid for it, Burchard is the 'guru's guru.'

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High Performance Habits:
How Extraordinary People
Become That Way by
Brendon Burchard - Book
Summary - Readtrepreneur
(Disclaimer: This is NOT the
original book, but an unofficial

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summary.) Just six habits can make the difference between massive success and a dead-end job. High Performance Habits makes it clear that by building up positive habits you can make a huge change

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in your life. It is harder than you might think but making a daily effort to incorporate each of the six habits recommended by Brendon Burchard will be the start of your self-growing period. Do

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you want to be extraordinary? Do you desire more than anything else to be capable of reaching the peak of the professional world? If your answer is Yes to any of the above questions, this

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book is for you. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) "The only difference lies in whether

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someone decides it is necessary to get better. No necessity, no consistent action." - Brendon Burchard
Brendon Burchard is not a fan of feeding lies to his audience. With an exhaustive

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research, he has built a science-backed book about the habits you need to improve your life in every aspect. What should you do first? Having the right attitude is key for this

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process, if you are not convinced about this method or aren't willing to see how it will pay off then you aren't going to be capable of profiting from this book. To be successful, you have to

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give it your all and you can't do that if you don't believe in what you are doing. So, with the right attitude in mind, start building those habits and see how they pay off!

Brendon Burchard stresses

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that anyone can absorb these habits and make them their own so they are able to improve no matter their current situation. Are you stuck at a dead-end job? No worries! This book is for

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everyone who has that drive to keep moving forward. P.S. High Performance Habits is an extremely useful book that will help you develop a set of goals you must accomplish to increasingly improve your

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quality of life. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur?

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our phone, a power cable, and a source of electricity means that they ' ll soon get the juice they need to function. But what about a human being? What do we need in order to fully recharge? In *The Charge*

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(2012), we ' ll learn about the drives that motivate people to succeed and how we can access them to reach our full potential.

The Higher Reality of
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Comprehensive Summary
CHAPTER 1: THE
INTRODUCTION AND THE
ANSWERS FOR ONE
QUESTION The first chapter*

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of the book is actually the introductory chapter. In this chapter, the author writes what was that he wanted to discover prior to writing this book. Furthermore, here we can read about questions the

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author tried to answer before he started writing this book. Some of the questions were: What the reason is some people succeed faster than others do, and how they can

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maintain that success for a long time. Why some people are happy, while others are miserable? What drives people to reach success? Which habits, training methods, and support would

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*help them to reach success?
After this, we read that the
author did more than twenty
years of research in order to
answer these questions. This
research included self-
experiments, interviews,*

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*evaluations, and more.
During those years,
Burchard learned that the
right habits are the key for
success and that everyone
who wants to be a high
performer has great habits.*

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There are also some things that can prevent people from becoming successful. One of these is the need for certainty. Later in this chapter, the author tries to define high performance. In

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