



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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