



## The Essential Motivation Handbook

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By Leo Babauta, Eric Hamm

Waking Lion Press, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The author writes, I've long wanted to put together a book on motivation--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. In The Essential Motivation Handbook, author Leo Babauta definitely succeeds. Teaming up with motivational expert Eric Hamm, he provides some of the most succinct yet powerful advice available on how to get yourself up and going! The book includes practical steps to help you overcome fear, keep moving forward, boost your self-confidence, get inspiration, and turn your dreams into reality. The perfect companion to the author's book Zen To Done.



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