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Motivation the Essence of Living

By Dr. Viswanathan Gopalan

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This book covers all the essentials of Human Motivation.

Through the book the Author shares the knowledge he gained in research and teaching, motivating people to greater heights of achievements and fulfilment. Initial Chapters deal with the process of motivation and its importance. Some theories on motivation, barriers to motivation, concepts of motivation in personal life, the importance of goal setting and the need to sustain drive are dealt with. Tips for staying motivated in personal life are mentioned. The middle chapters talk about methods required for enhancing performance in work environments. Concepts of stress and knowledge management and their correlation to motivation are discussed. Self - actualisation needs of human beings such as Love, Happiness, Peace and the pursuit of God in the motivational context are discussed In the last chapters. The book contains quotes by great men and real life stories of exceptionally motivated people of courage About The Author:- Dr Viswanathan Gopalan, settled in Pune, has a career spanning several organisations of repute. He has worked in corporates such as HMT, Tata Motors and Tata Technologies. Highly qualified in Engineering with a Doctorate in Management, he worked in Machine...



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