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| Sommario/riassunto | "Do you want to feel more productive, more present and more inspired by your own life? Motivate Yourself offers practical strategies to improve your productivity and gives you the know how to create the life you want. Learn how to move past your self-doubt and propel yourself into living your dream. With practical exercises featured within each chapter, this book will help break those emotional barriers that hold you back and set you on the path to becoming fully engaged and more productive. Kick start your productivity journey today and: Quieten that negative inner voice that inhibits your personal growth Wake up to |

the possibility and opportunity of a different way of living. Learn how to motivate those around you with productivity at the center of everything you do. Challenge yourself to discover who you really are and what you are truly capable of achieving"--

"The thinking behind Motivate Yourself: Get the most out of life, find purpose and achieve fulfilment is grounded in twenty years of working with top-level Executives, who, whilst successful on the level of career achievements, still yearn to be more fully engaged and satisfied. Andro Donovan has helped literally all kinds of people, from troubled East London teenagers to CEOs of global corporations. The fundamental questions answered in this book: "Do you want to live life more fully, more authentically and more meaningfully, right down to the core of your existence?" ... "Do you want to make a greater difference and contribution through your everyday involvement?"... "Do you want to feel more productive, more present, purposeful, satisfied and inspired by your life?" This book answers the questions, 'What next?' 'How can I achieve more meaning, productivity and purpose?' And then offers practical motivational strategies to create the life you want today and in the future. Motivate Yourself: Get the most out of life, find purpose and achieve fulfilment will carry the reader beyond the self-doubt of 'could I?' and 'should I?' and take them into a world of 'want to' and 'love to' and 'will do'"--
