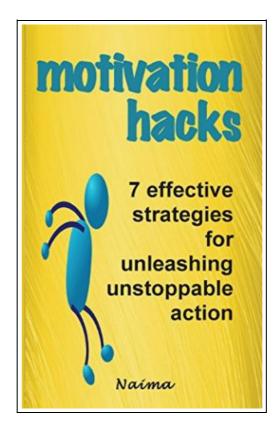
# Motivation Hacks: 7 Essential Strategies to Unleash Ustoppable Action



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## Reviews

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# MOTIVATION HACKS: 7 ESSENTIAL STRATEGIES TO UNLEASH USTOPPABLE ACTION



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.When you got it, you just got itDo you know one of those hyper productive, enthusiastic, energetic types who seem to do everything and more, and all with a huge grin on their facesAnnoying isnt itSo you secretly wish you were one of themEspecially on those days when you struggle to muster up enough motivation to just get out bed. Or even the days when youdoget out of bed, but only so you dont end up smelly bankrupt with starving kids homeless or whatever your own personal version of rock bottom is. The Power Of MotivationChanging your motivation levels has the power to change how you approach your goals, your environment and your life. High motivation means you are full of energy, excited about your day and its contents, and, far from struggling to get through it, you live it and experience it fully. Being highly motivated means that even hard work has the potential to become a fun challenge. But how do you get from here, where you are now, to there, where those annoying super-motivated individuals areMotivation Hacksshows you seven actionable strategies you can adopt today to start on your road to having self-motivation on demand. I discuss each strategy in turn, explaining why they work, and taking you through a step-by-step blueprint on incorporating them into your life, one day at a time. Soon, you will have the skill (and make no mistake, self-motivation is a learned skill) to design and live your very own annoyingly enthusiastic and energetic days. Yes, but what about . . . You dont have to give in to your negative internal dialogue. You dont have to settle for mediocrity,...

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