



# Motivation For Dummies

By Gillian Burn

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Motivation For Dummies, Gillian Burn, Packed with motivational tools and techniques to help you succeed Inspire yourself and others to make positive changes and create a more motivated life Motivation is a powerful tool and is central to achieving your goals; whether you want to change your career, promote teamwork in the office, quit a bad habit, or find a new interest, you need to find the motivation to get going and keep going! This no-nonsense guide explains the psychology of motivation and offers practical strategies to help you master your mind and body to unlock your motivation and get more of what you want in all aspects of your life. Discover how to: Muster the motivation to make a change Motivate your mind and your body Set goals and maintain motivation Develop a strategy for success Overcome motivational barriers and deal with setbacks.



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