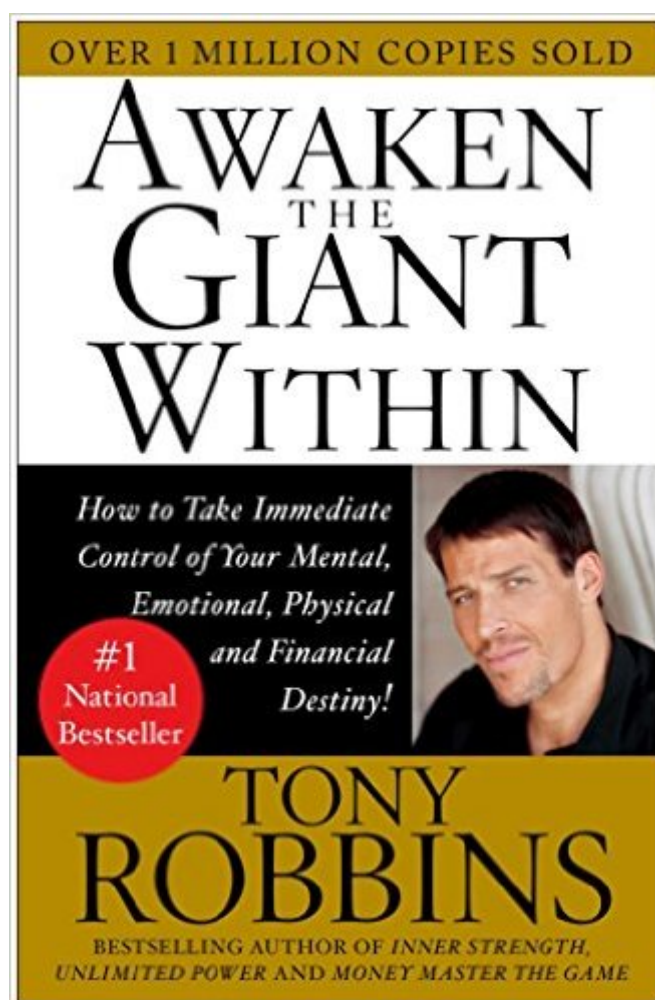


The book was found

Awaken The Giant Within: How To Take Immediate Control Of Your Mental, Emotional, Physical And Financial



Synopsis

Wake up and take control of your life! From the bestselling author of Inner Strength, Unlimited Power, and MONEY Master the Game, Anthony Robbins, the nation's leader in the science of peak performance, shows you his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life. The acknowledged expert in the psychology of change, Anthony Robbins provides a step-by-step program teaching the fundamental lessons of self-mastery that will enable you to discover your true purpose, take control of your life, and harness the forces that shape your destiny.

Book Information

File Size: 4020 KB

Print Length: 548 pages

Publisher: Free Press (November 1, 2007)

Publication Date: November 1, 2007

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B001EM101Q

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #4,000 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Kindle Store > Kindle eBooks > Business & Money > Management & Leadership > Motivational #15 in Kindle Store > Kindle eBooks > Business & Money > Entrepreneurship & Small Business > Entrepreneurship #15 in Kindle Store > Kindle eBooks > Business & Money > Business Life > Motivation & Self-Improvement

Customer Reviews

Hi all, I originally wrote a review for this book back in 1998. See 'Easy and exciting to read, with amazing results.', January 11, 1998 Reviewer: A reader' That was me! At that time I was back in the UK and finishing up in University. In my original review, I emphasised how easy it is to apply the lessons that Mr. Robbins suggests in this book. Having recently reviewed the posts near to mine, I noticed something very interesting. Very few posts have been marked as 'helpful' where the post is

giving the book a positive review. But WOW! Look at all the 'helpful' agreements for all those that have something negative to say about it!! Those people who say nothing good about it, obviously haven't applied the everyday principles to their lives, to help themselves. Now, I'm not suggesting that one should solely rely on just this book for all their advice. Indeed, one should seek confirmation from other sources if needed. But, since reading the book, almost 8 years ago; and giving the review nearly 7 years ago; I have to tell ya, whenever I've hit bad patches, I've referred to the teachings of Mr. Robbins and put myself back on track!! Almost 15 years ago I lost everything I had to my then partner. She took the lot, including our daughter, whom she later gave up for adoption. To this day I have never been able to trace her. (Lots of reasons stand in the way). I tried for several years to get over the depression, even seeking counselling from therapists. Nothing worked. I realised, only I know ME like ME! Mr. Robbin's book helped me understand areas of my life that were in a mess. It helped me to sort them out. In essence, what it did was help me discover myself and my OWN learning processes of success in ALL areas. Including beating severe depression.

I know that Tony Robbins is often the butt of jokes in many circles, but there is no way that you can deny his charisma and passion for what he does. It's also important to recognize that his advice actually works. I think that I was one of the skeptics who avoided Tony Robbins and his books as best I could. But, after listening to him speak in person with a friend of mine, I realized that he wasn't just some kook trying to sell books. Instead, he was offering actionable, practical advice about turning your life around. *Awaken the Giant Within* is a book that I desperately needed. My life was falling off the rails and it didn't look like I was going to be able to get it back on track. But, after reading this book and following Robbins' principles, I have been able to set out an action plan and achieve all of my goals in the process. A good complement to Robbins' book is *21 Things You Should Give Up To Be Happy*. This is a very clear, concise exploration of the 21 vital things that everyone needs to just let go. Like Tony Robbins' suggests, we all have the power within ourselves to make actionable and practical changes to your life. Many of these changes need to come about as a result of letting things go. For instance, one piece of advice in the book says that we should "Give Up Trying To Please Everyone Else Besides You." I think it's very important to realize that you're never going to please everyone. Everything you do is bound to make someone angry even if you might think the action is neutral. There is literally no way to please everyone and worrying about pleasing everyone will get you nowhere.

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