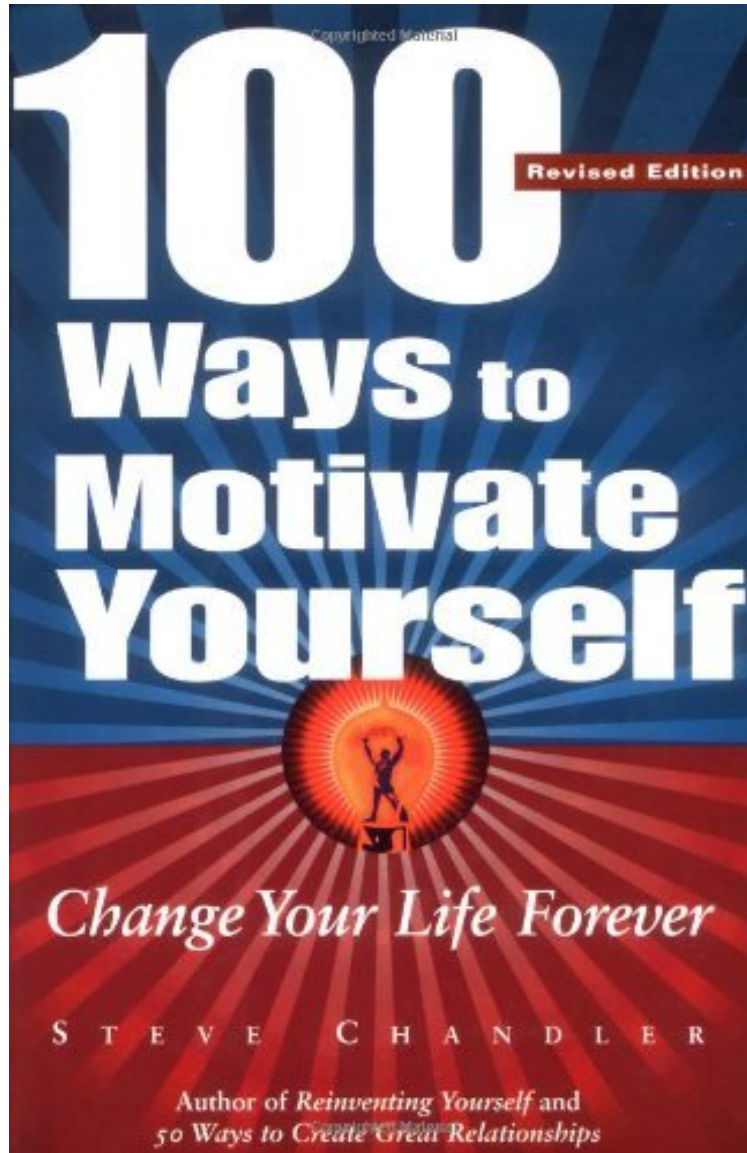


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100 Ways to Motivate Yourself: Change Your Life Forever

Steve Chandler

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Steve Chandler : 100 Ways to Motivate Yourself: Change Your Life Forever before purchasing it in order to gauge whether or not it would be worth my time, and all praised 100 Ways to Motivate Yourself: Change Your Life Forever:

0 of 0 people found the following review helpful. Excellent! This from someone who rarely finds self-help books useful. By W. H. Post I'm not generally fond of self-help books, but I find this one is quite good. Please know that my review is based on the hardcover print edition and the CD version of the same edition. But, I believe it applies to the audiobook as well (and perhaps more so, as my last paragraph will indicate.) Most people are already familiar with all of the author's 100 suggestions. Nonetheless, the brief, to-the-point entries serve as excellent reminders of ideas worth

remembering, especially when you need inspiration to start or finish something, or to fine tune your attitude toward optimism. Reading it is a little like having a good, wise friend telling you what you need to hear, without going overboard or beating the point to death. One last thing: I heard the CD by the same name BEFORE I bought the printed book. The CD is even better in part because the author reads it well. So, the printed book is a great companion to the CD--and it surprises me to say this since I normally like self-help CD's even less than I like self-help books. 5 of 5 people found the following review helpful. On the plus side, it helps me get to sleep! By Emerald Hand After reading the positive reviews, I was excited to receive the audio-book of "100 Ways To Motivate Yourself" by Steve Chandler. Unfortunately, I ended up disappointed! On the positive side, the content is good, and Mr. Chandler does a reasonable job covering the broad topic of motivation. The negatives, however, outweigh the positives. The two reasons I am less than satisfied are as follows: 1.) The audio-book is read by the author in his monotonous low droning baritone. I found it nearly impossible to sustain my focus on his hypnotic reading any longer than five minutes, which is pretty sad for a "motivation" themed book! At times, I wondered if Mr. Chandler were about to fall asleep himself. (Imagine Eeyore reading a book to you on "motivation.") What is interesting, is that at one point in the CD, Mr. Chandler boasts about his great speaking voice. If his CD was intended to induce a hypnotic trance, then I might agree with him. 2.) This audio-book is a superficial survey of some basic thoughts on motivation. I was hoping for more in-depth coverage of motivation, but what can you expect from two CDs and a few hours of content? Suggestion: Before purchasing, please listen to the audio-sample of the book on the site. If you can make it through the entire ~5 minute sample, then it might be worth purchasing the book. 0 of 0 people found the following review helpful. Excellent! One of the best personal development books I have ever read. By Timothy Cromwell Grab a highlighter so when you read this again (and you will want to re-read it over and over) it will be easier to pick out the words, thoughts, advice and ideas that Steve Chandler gives to us. I read a lot of personal development and wish I read this book sooner. Now you can bet I will keep it close by because I know I need a little motivation every now and then.

100 Ways to Motivate Yourself give you 100 different thinking tools for accessing your most spirited and creative self. It is a book that you can turn to anywhere and read for just two or three minutes and find your whole day lifted up with energy and purpose. Written like a psychological thriller, 100 Ways has been used by everyone from professional football coaches to homemakers to engage the brain at the deepest and most inspired level in order to access the fire of the spirit on command. Steve Chandler gives you the 100 most effective ways to turn your defeatist attitudes into energetic, optimistic, enthusiastic accomplishments.