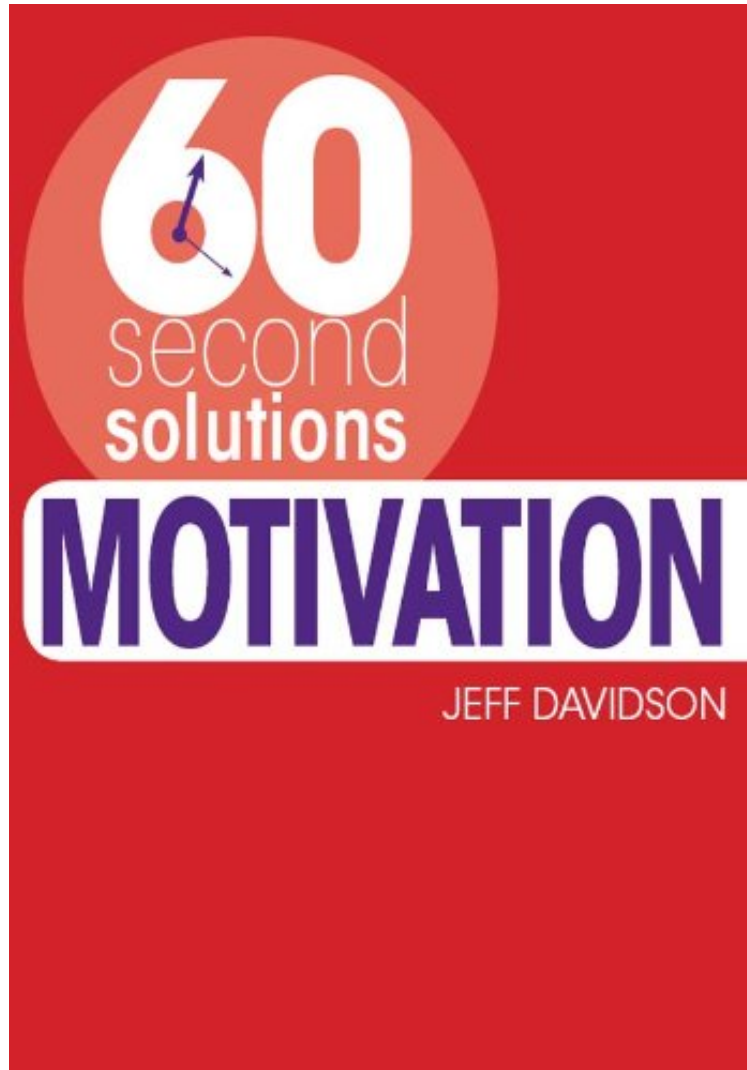


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60 Second Solutions: Motivation

Editors of David Charles

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Motivation' provides 60 practical, effective self motivation techniques that can be immediately applied to transform your performance both in the workplace and outside. It covers all vital motivation techniques, from adopting the right mindset and learning to dive right in, to essential planning and delegation skills for maximum output.

About the AuthorJeff Davidson is the author of numerous books, including The Complete Idiot's Guide to Managing Your Time. He is also a noted professional speaker. He lives in North Carolina. www.BreathingSpace.com