

++ Anthony Robbins Unlimited Power And Notes ++

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Unlimited Power and Extract Notes: Why you should read Unlimited Power Do you want to take control of your life, abolish your limitations and achieve your most elusive goals? Anthony Robbins teaches you how to do just that. You'll learn how your brain processes information and how to manipulate that process to your advantage. You'll explore the science of "Neuro-Linguistic Programming" (NLP), the study of human neurology, so you can analyze and duplicate your successes. Robbins uses NLP extensively, although many experts debunk it. He explains that the best path to success is to find an accomplished person, discover his or her strategies for becoming successful, and duplicate that process. He also weighs in on how to keep your weight down, communicate and eliminate bad habits. By the way, he cautions against skimming this book to separate the self-help wheat from the chaff. Instead, he encourages you to read every page and perform every exercise. This is not easy because he explains each concept at least two or three ways. However, Robbins has a big following and is clearly onto something; getAbstract thinks you might want to find out just what. This book is a good place to start if you seek a personal achievement makeover. Anthony Robbins is a life coach and motivational seminar leader. He has written of several international best sellers and he chairs several companies. Robbins has consulted politicians, world-class athletes and Fortune 500 executives. Tags: Jim Rohn, Anthony Robbins, Brian Tracy, Zig Ziglar, Stephen Covey

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