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Der
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zu

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Ultimative Guide Zu Mehr Motivation Ebook

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resolutions that we want to achieve someday but finding and keeping the motivation to succeed in those goals can be baffling and challenging to find To push yourself with carrots and sticks to reach your goals in the future will backfire on you Our world is an ocean of distractions we have trained our minds to seek distractions every minute Every maker and doer has to battle resistance to finish the job at hand and no one is immune This resistance serves only one purpose to keep us away from high concentration and focus and push us to procrastinate experience anxiety therefore I tackled motivation from different perspectives Also there are many common surprising misconceptions about motivation my goal is to clear these misconceptions At its core motivation is a drive and need its essence is energy and persistence It is the desire and urges to make progress towards a specific goal or a resolution It is an internal process a condition inside us that desires a change In this book you will learn what motivation is And how can some of us keep their focus and motivation up all their active time while others can't keep going and finish their tasks for more than a quarter an hour Do rewards enhance motivation Is competition an effective way to increase people's motivation and performance The science has discovered the mechanism behind self motivation and motivation and how to reach the state of peak performance You will learn what science and practice have found what doesn't motivate us very well and you will discover that being motivated is a way of living and thinking and how it is an attitude Motivation is a tricky thing to master but absolutely not impossible my goal in this book is to teach you in simple practical ways how to hack your motivation And how to trick your brain into being motivated most of the time toward whatever you want to achieve in life *The Ultimate Guide to Motivation* James A. Cox,199?

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