

If you want to learn how to motivate yourself and be motivating to others, then this is the book for you! Easy to follow and invaluable to have around, each chapter focuses on honing particular skills, improving your insight and increasing your all-round performance. Including sound information from inspirational voices, motivational trainers and entrepreneurs, it explains what motivation is, how to define your goals, how to boost your creativity, sharpen your motivational skills, challenge limiting beliefs, create the circumstances for success and much, much more! By the end of the book, its simple but effective techniques will help you overcome the challenges of any situation effectively and imaginatively and to set and exceed your goals. It also gives you further reading and details of training and learning groups to build on what you have already learnt. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the authors many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of self-motivation. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

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