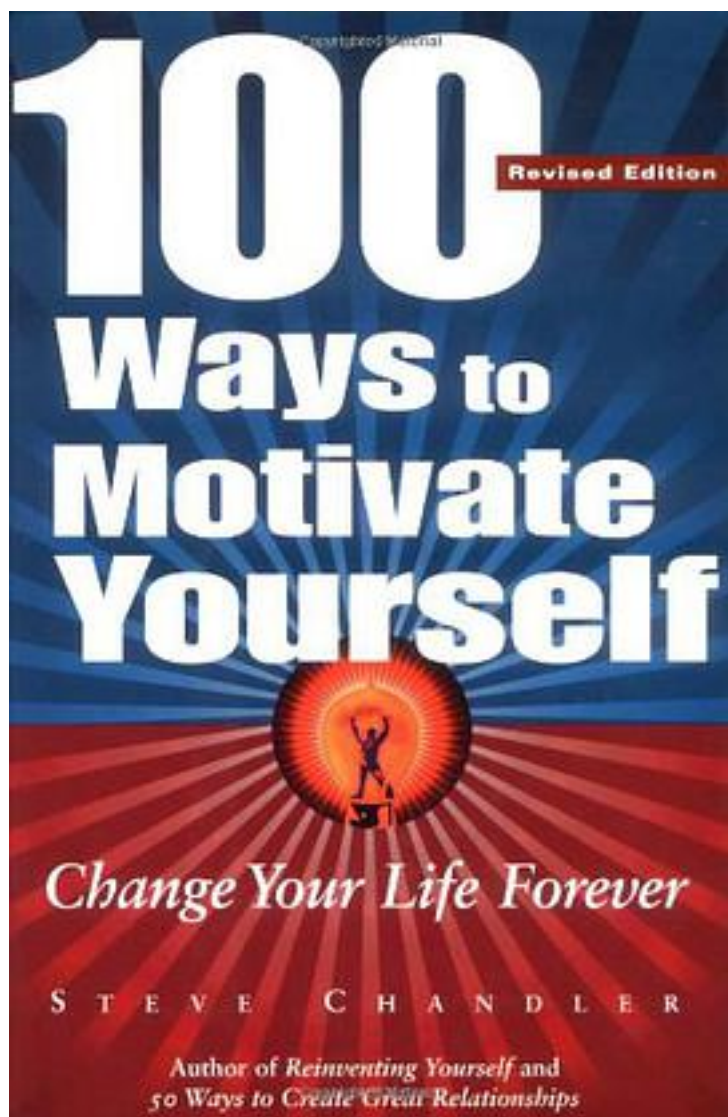


100 Ways to Motivate Yourself



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Gives you 100 different thinking tools for accessing your most spirited and creative self. Used by everyone from professional football coaches to homemakers to engage the brain at the deepest and most inspired level.

作者介绍:

Steve Chandler is the author of the critically acclaimed 17 Lies That Are Holding You Back, and other books and audios. A popular motivational speaker and corporate trainer, he travels the world to speak and corporate train, he travels the world to speak on the subjects of creativity, motivation, and relationship-building.

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标签

自我管理

评论

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书评

非常好的一本书。
作者罗列了一百种自我激励的方法。每个方法都很简洁明了。容易记住。读起来一点也不费劲。简单明了是这本书的最大特色，也是我最喜欢的。书中说的这些自我激励方法大部分并不是作者原创的，是作者在别人思想的基础上结合自己的思考和工作经验总结出来的。在书...

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