

# Giant Steps



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WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, bestselling author and peak performance consultant Anthony Robbins offers daily inspiration and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with minimum investment of time.

作者介绍:

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