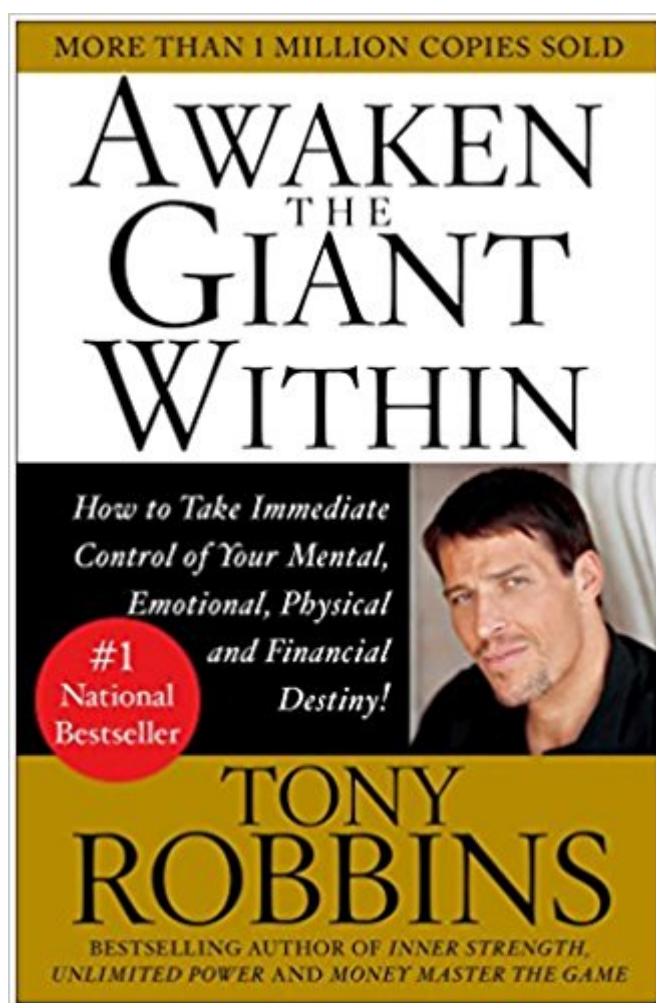


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# Awaken The Giant Within : How To Take Immediate Control Of Your Mental, Emotional, Physical And Financial Destiny!



## Synopsis

Wake up and take control of your life! From the bestselling author of Inner Strength, Unlimited Power, and MONEY Master the Game, Anthony Robbins, the nation's leader in the science of peak performance, shows you his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life. The acknowledged expert in the psychology of change, Anthony Robbins provides a step-by-step program teaching the fundamental lessons of self-mastery that will enable you to discover your true purpose, take control of your life, and harness the forces that shape your destiny.

## Book Information

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## Customer Reviews

"Yet another profound and powerful tool in the Robbins arsenal of self-awareness. It has been an enormous source of strength and insight for me both personally and professionally. " (Peter Guber Chairman and CEO of Mandalay Entertainment)"Anthony Robbins is the 'ultimate coach' for that special breed of men and women who will never settle for less than they can be." (Pat Riley NBA "Coach of the Decade")"Required reading for anyone committed to increasing the quality of their life." (Dr. Barbara De Angelis author of #1 bestsellers How to Make Love All the Time and Secrets About Men Every Woman Should Know)"Tony Robbins is one of the great influencers of this generation." (Stephen R. Covey author The 7 Habits of Highly Effective People)"Astonishing credibility. . . . every page bursts with well-researched and immediately practical guidelines for concentrating your thoughts and emotions on the attainment of your goals." (Scott DeGarmo)

Tony Robbins is a philanthropist and #1 New York Times bestselling author. He lives in Palm Beach, Florida.

Tony Robbins exemplifies his life coach teaching styles in a way that empowers the reader to self fulfilment. This book forces you to conduct a reality check and take a hard look in the mirror. It helps you to realize your flaws and "TAKE ACTION" and do something about it. After reading this book I was able to get out of my depression and stop blaming others for my pitfalls. I went from a 6 figure job to unemployed and almost losing my home. I moved in with my parents and that is when I bought this book. Since then (2008) I have used the information towards my own benefit and accomplished things I never thought I could, money, happiness, health and the most important lesson was to slow down and enjoy everything I do. I hope you are able to grab the flame from this book and empower yourself with the use of wisdom Tony has put together. Basic lesson is this: You are a reflection of all of your past thoughts and actions...but you are not your past...its all in your mind stuck leaving you in a rut and this book is the tow truck to help "you" get yourself out.

I was slightly prejudiced about Tony simply because I didn't know anything about him, except he seemed to be a big loud American (all true and not a negative) and a bit too much like a religious preacher. In Ireland we're quicker to take someone down rather than build them up so people with those quick assessments will be avoided. I've read all the top 40 and probably top 100 personal development books out there. Eventually I was running out of ones to read. And I would still come across recommendations for this book every now and then. So I read it. It's brilliant and I wish I read it a few years ago. I am a willing open audience as I've previously read all the books and science information this is based on. Yet Tony brought more insight, different compelling articulation, and real world application beyond what I'd read before to have me raving about this book. It's worth more than the money charged just for the chapter on "rules" and then again for the chapter on "emotions". It's a ridiculous bargain for what I've gained from it and I've since bought it as a Kindle gift for many friends. It's a shame the Audible version is so abridged and unavailable in a full version. Maybe Tony feels it may take away from his audio products sales. I would love an unabridged Audible version and would buy it for many people as a gift.

This is the next my book that provides easy to follow steps on how to do some changes in your life I believe the Neuro Associative Conditioning (also known as NAC) it's a really good plan to make

some changes in your life. I know this because I starting applying some of its principles and I have seen the results. I feel privileged to have read this book and remember to commit yourself to CANI! (Constant and never-ending improvement!)

I'm sorry, this was so cheesy. And I couldn't stand listening to his voice. Also, it was maybe a 1/4 of the book. That's effed up. Did I miss the part of the audio version where it said "only contains a few chapters"? Nope. It just failed to mention that.

I got an older book and it is too "thick" to read, but I started it. A friend went to a \$2,000 conference with Tony in person and walked across the "hot coals" like Oprah did. He said it was worth every penny. Tony knows his stuff!!

You can say what you want about Tony Robbins but he's a great inspirational author. Some fluff in the book but there is really good content. The way he helps you to rewire your brain and see things differently has really helped me. I'm glad I bought this book.

The audio tape of Awaken the Giant Within should be with you whenever you drive. Plug it in a listen and follow Tony's instructions. He will teach you how you can step out of your comfort zone by using pain and pleasure. The key he tells us is we must associate more pleasure to the act then pain. It is a matter of reprogramming ourselves. This is the best money you can spend! He has helped to make a change in my life. Let him help you

An amazing and life-changing read, and it's all still relevant. This massive book is full of wonderful insight, activities and information to allow you to fully change yourself for the better.

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