



# Motivational Book: Tips & Tricks To Increasing Motivation

*Dr. Phillip Terrance*

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*This book has some good motivational tips that help the reader when they have low self esteem or need help with other aspects. - Kim D. (Reader)*

***Great book. This book made so much sense. It was a easy read and it made you want to get off the couch and start your goals.***

Have you been struggling to find motivation to achieve your goals?

Have there been different tasks you wanted to complete but you just cannot get started?

This book was strictly designed to help motivate people. Being motivated and being able to motivate are two completely different aspects of motivation. This book teaches one how to motivate themselves as well as others.

## **Inside you will find:**

- Simple motivation techniques to help get you going
- Inspiration to start out
- Inspiration to keep you going
- *Techniques that I suggest to my top-level business executive clients that help them set goals and pursue them*

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