



Motivational Tips for Success (Paperback)

By Anthony Ekanem

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Motivation is literally the desire we have to do things. It is the difference between waking up before dawn to get started on a particular project and lazing around the house all day watching TV. It s the crucial element in setting and attaining goals. Research shows you can influence your own levels of motivation, but far too often, we fail to do so. Staying motivated can be a real struggle. When trying to maintain motivation, our drive is constantly assaulted by negative thoughts and anxieties about the future. Everyone faces doubt and depression at one time or another. What separates the highly successful from those who fail is the ability to stay motivated and keep moving forward.



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