

Download Free The Motivation Manifesto 9 Declarations To Claim Your Personal Power

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"In Master Your Motivation, you'll discover: the one thing to do right now to get your motivation back; 2 simple yet powerful strategies to regain your motivation, a simple method to boost your self-esteem and turbocharge your motivation, a powerful framework to build momentum and sustain motivation long-term, and much more.."--Back cover.

True stories from Brendon Burchard, F. Murray Abraham, and other high-profile contributors on the turning points that changed their lives. Can one moment, one brief encounter, change the course of the rest of your life? If so, how will you recognize that moment? Will you let it pass you by? Will you let it defeat you? Or will you allow that moment, that experience, to help shape who you are and who you might become? Moments of Being reveals true stories that altered lives forever. Join celebrities, athletes, business and community leaders, and men and women from all walks of life as they share their amazing "twist of fate" tales. These are stories of courage, destiny, reunions, love, sacrifice, dreams, and the fears and triumphs that are an integral part of the human experience. More than that, they illustrate that, by recognizing and acting on a single, pivotal moment, a person can change his or her life forever. "A fabulous wake-up call . . . a must read." —Donna LeBlanc, author of The Passion Principle

Based on his landmark research and teachings, Dr. John Demartini has discovered the key to fulfillment in all aspects of life. What is the most important step you can take to achieve the life you've always dreamed of? You might think the answer is something like, start saving money, get a better job, find my soul mate, or improve my marriage. Solutions like these might offer temporary satisfaction, but none of them can provide true, lasting fulfillment or help you achieve your unique purpose in life. The Values Factor shows you how to create a life in which every minute can be inspiring and fulfilling. The first step is to identify what you find most meaningful—the values in life that are most important to you. Once you understand your own unique values and align your life accordingly, you can achieve fulfillment in every aspect of your life: deepening your loving relationships, creating an inspiring career, establishing financial freedom, and tapping into a rich spiritual life. Dr. Demartini's provocative thirteen-part questionnaire will reveal to you what you value most. The answers may surprise you! Then, each chapter of this book explains how to align every aspect of your life with your true values, so that you can finally achieve the success that you were capable of all along.

A fictionalized account on one man's journey through a "theme park of life" after being implored by his dying fiancée to go and discover... Trapped in a prison of his past so he can't see the possibilities, the gifts and the choices available to him, his journey is our journey. Based on Brendon's experience teaching and coaching, he realizes that people never transform the quality of their lives unless their hearts and minds are truly engaged in changing

- they need to have a deep, emotional reason to change. This beautiful, engaging story of love, loss and redemption will connect with people immediately. It will also cause readers to think and reflect on their lives more deeply, become more aware of their own life stories, accept their authentic selves, and become accountable for who they are. Brendon reaches out to engage hearts and minds in transforming lives with emotional edge and mental clarity. What is this golden ticket? And what kind of life does it really gain us admission to? The chapters are arranged into life lessons around 4 gates to transformation: Awareness, Acceptance, Accountability, and Action. "Whatever you do, pay the price of admission for Life's Golden Ticket! This book is entertaining, provocative and loaded with wisdom. Honestly, this is the most original book I've read in years!" (Bill Treasurer, CEO, Giant Leap Consulting and author of Right Risk - Ten Powerful Principles for Taking Giant Leaps with Your Life) "I read the story in one sitting, I just couldn't put it down. I cried, I laughed, I cheered, I wondered where it was all going - and when I finished, I was so thankful for the journey" (K C George, Corporate Program Manager, VISA USA) "Life's Golden Ticket is wise without being preachy, inspiring without forgetting insight, entertaining without sacrificing empowerment. Brendon Burchard shows incredible depth, compassion, and wisdom on every page. He has given us a true gift." (Kelley Graham, Director, Levi Strauss & Co)

Surrounded by idiots at work? Fed up with a bad boss or lazy colleagues? Thomas Erikson, author of the runaway international bestseller Surrounded by Idiots, will help you handle them and get things done, the right way Why is good leadership so rare? Everyone has to manage up to some extent but frankly some bosses are worse than others. If you're being driven crazy by a micro-manager, frequently drown under your boss's unreasonable expectations or struggle with being handed out responsibilities but no authority international behavioural expert Thomas Erikson is here to help. Drawing on the simple four-colour system that made Surrounded by Idiots a global bestseller, Erikson shows how understanding your boss's behavioural tendencies as well as your own will lead to a more harmonious and productive workplace. He also sets out what characterises an exemplary leader type and how you can adapt your behaviour to model it. Because there are two sides to every coin, Erikson also looks at employees themselves and why some colleagues frequently underachieve and what you can do to change this. Written with Erikson's signature humour and warmth, Surrounded by Bad Bosses (and Lazy Employees) will help you deal with the most hopeless managers and employees you can imagine - and keep you entertained along the way.

These memoirs from one of the great leaders of our time are 'essential reading for anyone who wants to understand history - and then go out and change it' Barack Obama The riveting memoirs of the outstanding moral and political leader of our time, Long Walk to Freedom brilliantly re-creates the drama of the experi-

ences that helped shape Nelson Mandela's destiny. Emotive, compelling and uplifting, Long Walk to Freedom is the exhilarating story of an epic life; a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader. 'Enthralling . . . Mandela emulates the few great political leaders such as Lincoln and Gandhi, who go beyond mere consensus and move out ahead of their followers to break new ground' Sunday Times 'The authentic voice of Mandela shines through this book . . . humane, dignified and magnificently unembittered' The Times 'Burns with the luminosity of faith in the invincible nature of human hope and dignity . . . Unforgettable' Andre Brink

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THESE MOTIVATIONAL AND SUCCESS QUOTES WILL MAKE YOU EXTRAORDINARY If you like history and great quotes, you'll love this book which combines sayings of the world famous leaders and their powerful quotes. In this book You will find Great Quotes from Great Leaders, Some of the highlighted leaders include: Abraham Lincoln, Ben Franklin, Eleanor Roosevelt, Martin Luther King, Jr. and Winston Churchill, Jim Rohn, Les Brown, Barack Obama, Michelle Obama, Donald Trump, Oprah Winfrey, J.K Rowling etc Below are some of the Books and Authors I studied to get these quotes and I will strongly recommend you to buy and read some of the books here: 'Unfu*k Yourself: Get Out of Your Head and into Your Life' 'The 10X Rule' 'The Only Difference Between Success and Failure' - Grant Cardone 'You Can Heal Your Life' - Louise L. Hay 'The Power of Positive Thinking: 10 Traits for Maximum Results' by Norman Vincent Peale 'Money Master the Game' 7 Simple Steps to Financial Freedom by Tony Robbins 'The Magic of Thinking Big' David Schwartz 'How to Win Friends & Influence People' by Dale Carnegie, Andrew MacMillan, et al 'The Subtle Art of Not Giving a F*ck' A Counterintuitive Approach to Living a Good Life by Mark Manson 'How to Stop Worrying & Start Living' by Dale Carnegie 'Spilled Milk' Based On A True Story by K.L Randis 'The Girl Who Lived: A Thrilling Suspense Novel' by Christopher Greyson 'The Hideaway' - Lauren K. Denton 'The Silent Wife' A gripping emotional page turner with a twist that will take your breath away by Kerry Fisher 'Beneath a Scarlet' - Mark Sullivan 'The Life We Bury' - Allen Eskens 'The Beach House' - Mary Alice Monroe 'Best Seller' - Susan May 'An Innocent Client (Joe Dillard Series Book 1)' by Scott Pratt 'Start with Why' How Great Leaders Inspire Everyone to Take Action by Simon Sinek 'The Rooster Bar' The New York Times and Sunday Times Number One Bestseller by John Grisham 'The Monk Who Sold His Ferrari' A Remarkable Story About Living Your Dreams by Robin Sharma 'The Millionaire Next Door' The Surprising Secrets of America's Rich by Cotter Smith, Thomas J. Stanley Ph.D., et al. 'The Forgotten 500' The Untold Story of the Men Who Risked All for the Greatest Rescue Mission of World War II: The Untold Story of the Men Who Risked All ... the Greatest Rescue Mission of World War II by Gregory A. Freeman Those who think they have not time for bodily exercise will sooner or later have to find time for illness. --Edward Stanley I was always looking outside myself for strength and confidence but it comes from within. It is there all the time. --Anna Freud- how a trick used by screenwriters can help you figure out the first step needed to get closer to your goals;- how to maintain self-discipline in the long-term by paying attention to what a bestselling non-fiction author calls necessary to survive and thrive; 'The Motivation Manifesto' 9 Declarations to Claim Your Personal Power Kindle Edition' by Brendon Burchard? **THESE HABITS WILL MAKE YOU EXTRAORDINARY.** from Marie Curie to Stephen King, Joan of Arc to Jack Kerouac, Oscar Wilde to Harriet Tubman--Lisa Congdon. Readers will find enlightening insights ("Wisdom begins in wonder"-- Socrates), stirring calls to action ("Leap and the net will appear"--John Burroughs), and stimulating encouragements ("Be cu-

rious, not judgmental"--Walt Whitman), bitcoin billionaires, Bitcoin coin or Bitcoin Miners. **GET THE BOOK, LEARN THE QUOTES, APPLY THEM TO YOUR LIFE AND MAKE THE WORLD A BETTER PLACE**

Book description to come.

The Art of Having It All...Is it possible to have: a passionate marriage; a thriving career; a healthy, beautiful body; more money than you ever dreamed possible, and enough "down" time to enjoy it - without running yourself ragged? The answer is a resounding YES. In this hands-on guide to applying the universal laws of deliberate manifestation, Christy Whitman, Master Law of Attraction coach and mother of two, shows readers that it is not only possible for women to have it all in every aspect of our lives, but to settle for anything less is to deprive ourselves of the true joy, exhilaration and fulfillment of becoming all that we were born to be. Geared specifically toward women who are already living full lives, this book provides cutting edge tools, inspiration, and straightforward advice to support you in more effortlessly and joyfully creating the results you desire - in your body, your finances, career and intimate relationships - and from a relatable authority who has "been there and done that." Book jacket.

In "Letter from Birmingham Jail," Martin Luther King Jr. explains why blacks can no longer be victims of inequality.

Traditional Chinese edition of The motivation manifesto: 9 Declarations to Claim Your Personal Power by BRENDON BURCHARD, an online personal development trainer whose YouTube program Brandon.com is a top rated program followed by more than a million people. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

The #1 New York Times bestseller from world-renowned advice expert teaches everyday people how to share their story and wisdom with the world and build a lucrative business doing so. In this game-changing book by Brendon Burchard, founder of Experts Academy, you'll discover: Your life story and experience have greater importance and market value than you probably ever dreamed. You are here to make a difference in this world. The best way to do that is to package your knowledge and advice (on any topic, in any industry) to help others succeed. You can get paid for sharing your advice and how-to information, and in the process you can build a lucrative business and a profoundly meaningful life. In The Millionaire Messenger, legendary expert trainer Brendon Burchard pulls back the curtains on the advice industry and shows you a simple ten-step plan for making an impact and an income with what you know. The lessons you've learned in life and business are about to become your greatest asset—and your greatest legacy.

As a serial entrepreneur, Kevin Kruse has seen time and again that the leadership practices that actually work are the opposite of what is commonly taught and implemented. Close Your Open Door Policy shows how a contrarian approach can be a better, faster, and easier way to succeed as a leader. Chapter by chapter, Kruse focuses on a piece of popular wisdom, then shows with real-world case studies and quantitative research that the opposite approach will lead to better results, encouraging leaders to play favorites, stay out of meetings, and, of course, close their open doors.

As the global 'data revolution' accelerates, how can the data rights and interests of indigenous peoples be secured? Premised on the United Nations Declaration on the Rights of Indigenous Peoples, this book argues that indigenous peoples have inherent and inalienable rights relating to the collection, ownership and application of data about them, and about their lifeways and territories. As the first book to focus on indigenous data sovereignty, it asks: what does data sovereignty mean for indigenous peoples,

and how is it being used in their pursuit of self-determination? The varied group of mostly indigenous contributors theorise and conceptualise this fast-emerging field and present case studies that illustrate the challenges and opportunities involved. These range from indigenous communities grappling with issues of identity, governance and development, to national governments and NGOs seeking to formulate a response to indigenous demands for data ownership. While the book is focused on the CANZUS states of Canada, Australia, Aotearoa/New Zealand and the United States, much of the content and discussion will be of interest and practical value to a broader global audience. 'A debate-shaping book ... it speaks to a fast-emerging field; it has a lot of important things to say; and the timing is right.' — Stephen Cornell, Professor of Sociology and Faculty Chair of the Native Nations Institute, University of Arizona 'The effort ... in this book to theorise and conceptualise data sovereignty and its links to the realisation of the rights of indigenous peoples is pioneering and laudable.' — Victoria Tauli-Corpuz, UN Special Rapporteur on the Rights of Indigenous Peoples, Baguio City, Philippines

USA TODAY BESTSELLER • ECPA BESTSELLER • An empowering girlfriend's guide to a purpose-driven life, from the young entrepreneur and rising star behind SoulScripts and the SHE Podcast "This book will meet you right where you are with a giant hug while also giving you a little kick in the pants."—Audrey Roloff, New York Times bestselling coauthor of *A Love Letter Life*, founder of Always More, cofounder of Beating50Percent Does it ever seem like you still have to find your purpose or that you're stuck with "unfigured-out dreams"? Do you feel the pressure to prove yourself or worry about what others will think? You are not the only one. From accidentally starting a small business instead of using her college degree, to embarrassing herself onstage in front of thousands, to wasting time worrying about what others think or say, Jordan Lee Dooley knows exactly how that feels—and she's learned some important lessons about living a purposeful life along the way. An influential millennial widely recognized for her tagline turned international movement, "Your Brokenness is Welcome Here," Jordan has become a go-to source that women around the world look to for inspiration in their faith, work, relationships, and everyday life. Now, in this approachable but actionable read that's jam-packed with practical tools, Jordan equips you to • tackle obstacles such as disappointment, perfectionism, comparison, and distraction • remove labels and break out of the box of expectations • identify and eliminate excuses and unnecessary stress about an unknown future • overcome the lie that you can't live your God-given purpose until you reach a certain goal or milestone If you ever feel you need to shift your mindset but don't know how, this book will help you overcome shame, practice gratitude, and redefine success.

Writing in an age when the call for the rights of man had brought revolution to America and France, Mary Wollstonecraft produced her own declaration of female independence in 1792. Passionate and forthright, *A Vindication of the Rights of Woman* attacked the prevailing view of docile, decorative femininity, and instead laid out the principles of emancipation: an equal education for girls and boys, an end to prejudice, and for women to become defined by their profession, not their partner. Mary Wollstonecraft's work was received with a mixture of admiration and outrage. Hugh Walpole called her "a hyena in petticoats." Yet it established her as the mother of modern feminism.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. How to become a motivated person? To achieve lifelong dreams through simple daily goals, you must be motivated. And in addition to improving your life, when you become a motivated per-

son, you become a powerful motivator for others. In this book, you will learn: What are the two opposing driving forces of motivation? How to know your true motivations? How not to exhaust your motivation? How to strengthen your motivation? How to achieve fantastic motivation? Our answers to these questions are easy to understand, simple to implement and quick to execute. Ready to become a motivated person? Let's go ! *Buy now the summary of this book for the modest price of a cup of coffee!

"The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our own personal freedom. It's a triumphant work that transcends the title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book." - Paulo Coelho The Motivation Manifesto is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice-time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear. The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Burchard-at times poetic yet always fierce-motivates us to free ourselves from fear and take back our lives once and for all.

Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life. Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

A handy 6-month supply of the revolutionary planner-and-journal designed by Brendon Burchard, the world-leading coach in high performance who has spent 20 years coaching the highest performers in business, athletics, entertainment, and beyond. Strategize the next 6 months of your life with this pack of 3 copies of *The High Performance Planner*, the 2-in-1 day planner and journal based on the world's largest study of how high performers increase productivity, set goals, prioritize projects, outperform their peers, and create the positive mindset and habits needed to win the day. Through morning mindset journal prompts, daily goal boxes, evening scorecards, weekly habit assessments, monthly project planning, and proprietary whole life balance sheets, the Planner helps you think more strategically, prioritize like a pro, achieve your goals faster, and become more focused, happy, and productive. Best of all, the Planner helps you install the personal and professional habits proven to lead to long-term success. That's what it's all about. Best-selling author Brendon Burchard says, "High performance means succeeding over the long term without compromising your health or positive relationships." This

Planner helps you do that by accounting for your entire life's progress, not just your daily to-dos. The High Performance Planner was created and field tested by Brendon Burchard, the world's leading high performance coach and a #1 New York Times best-selling author, whose books include *The Motivation Manifesto*, *The Charge*, and *Life's Golden Ticket*. His pioneering research with the High Performance Institute led to Amazon's Top 3 Business & Leadership Book of 2017, *High Performance Habits: How Extraordinary People Become That Way*.

Purpose is Wyclef Jean's powerful story of a life rooted in struggle, soul-searching, art, and survival. In his own voice the multi-platinum musician and producer shares everything, from his childhood in Haiti to his rise to the top of the American music scene. For the first time ever, Wyclef reveals the behind-the-scenes story of the Fugees, including his partnership with Lauryn Hill and Pras Michel, the details of their award-winning album *The Score*, and the solo career that followed. For fans of early Wyclef efforts like *The Carnival* or later albums like *From the Hut*, *To the Projects*, *To the Mansion*—and for fans of books like Jay-Z's *Decoded* or Russell Simmons' *Super Rich*—Wyclef's *Purpose* is an inspiring, one-of-a-kind look at one of the world's most talented artists.

An ancient title of respect for women, the word "cunt" long ago veered off this noble path. Inga Muscio traces the road from honor to expletive, giving women the motivation and tools to claim "cunt" as a positive and powerful force in their lives. With humor and candor, she shares her own history as she explores the cultural forces that influence women's relationships with their bodies. Sending out a call for every woman to be the Cuntlovin' Ruler of Her Sexual Universe, Muscio stands convention on its head by embracing all things cunt-related. This updated edition features a new foreword by Betty Dodson, an introduction by Derrick Jensen, a new afterword by the author and an updated and expanded resource section.

This is a book on database management that is based on an earlier book by the same authors, *Foundation for Future Database Systems: The Third Manifesto*. It can be seen as an abstract blueprint for the design of a DBMS and the language interface to such a DBMS. In particular, it serves as a basis for a model of type inheritance. This book is essential reading for database professionals.

Experts Academy Press is proud to present the first and only leadership book on the market that is (1) intended for students, (2) written from both theoretical and popular viewpoints, and (3) structured with a real-world, service-oriented framework that students can instantly use to make a difference in their classrooms, communities, and early careers. Leadership is conceptualized from the principles that it is a collective and participative process, different from management, and firmly rooted in service. The book's framework--Envision, Enlist, Embody, Empower, Evaluate, and Encourage--reflects six key leadership practices students must learn in order to lead with competence and confidence. The *Student Leadership Guide* has been praised by educators and students alike for its theory-backed content and its practical, inspiring call to action and service.

From the author of the #1 "New York Times" bestseller *"The Millionaire Messenger"*, an electrifying book that provides the keys to motivation to satisfy the most essential creative and intellectual needs.

"The United Nations Declaration on the Rights of Indigenous Peoples is a culmination of a centuries-long struggle by indigenous peoples for justice. It is an important new addition to UN human rights instruments in that it promotes equality for the world's indigenous peoples and recognizes their collective rights."--Back cover.

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years

ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. The art and science of how to do all this is what this book is about. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it faster. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

"The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our own personal freedom. It's a triumphant work that transcends the title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book." —Paulo Coelho *The Motivation Manifesto* is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice—time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear. The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Burchard—at times poetic yet always fierce—motivates us to free ourselves from fear and take back our lives once and for all.

In *The Motivation Manifesto*, world-renowned motivational speaker and bestselling author Brendon Burchard gives readers a step by step guide and a passionate manifesto for living up to their potential. With his trademark verve, he teaches readers the six practices that will help them achieve greatness in an increasingly busy and pessimistic world. Readers will learn: Practice One: Stop Belittling Yourself; Practice Two: Own Your Role; Practice Three: Reclaim Your Agenda; Practice Four: Transform Energy; Practice Five: Inspire Excellence, and Practice Six: Make the Moment Matter. Burchard shows how these six simple practices can recharge your life, re-motivate you and restart you on the path to success. *The Motivation Manifesto* provides the keys to understanding and activating our potential in clear and concrete ways that will inspire and help everyone find their own inner motivation.

"I'm just not that creative" is a common refrain in today's society. But according to author and creative coach Jacob Nordby,

nothing could be further from the truth. Every human being is creative, and having a regular creative practice is a vital key to a happy and fulfilling life. If we don't exercise our creativity regularly, our lives can feel dull, stagnant, and rote. Many people live this way and believe "this is just the way life is," without realizing that developing a regular creative practice can be the cure to what ails them. Nordby knows this all too well. By the time he reached his mid-thirties, he was running a successful mortgage company and lived in a big house with fancy cars. But he felt like he was dying inside. Starting and maintaining a creative practice is what saved his life. Now, in this powerful book, he explains how he traded in his stagnant way of life for one full of meaning and purpose, and offers specific steps to help you build your own creative practice. The Creative Cure is a call for a revolution, fostering change where all change must begin: within. This internal change will allow you to express your own creative gifts, cultivate happiness, and experience the unique feeling of fulfillment that only a creative practice can offer. Packed with powerful, transformative exercises, this book is the medicine you need to find and reinvigorate your creative soul.

PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. The Motivation Manifesto by Brendon Burchard - A 20-minute Summary & Analysis Inside this Instaread:

- Summary of entire book
- Introduction to the important people in the book
- Analysis of the themes, important people and author style

Preview of this Instaread: Summary: The Motivation Manifesto by Brendon Burchard is just that, a manifesto. In direct, simple, and excited prose, Burchard exhorts readers to cast aside their self-defeating habits and replace them with a more thoughtful commitment to living fully in the present moment. In order to do so and arrive at the personal freedom to live a life full of genuine happiness and fulfillment, Burchard shares nine declarations for readers to make their own. The book's introduction, which is written in a style similar in tone to the preamble of the United States constitution, acknowledges that making the needed changes to fully and honestly live life will be difficult. Specifically cultivating new personal habits is hard enough, but doing so can

require Herculean effort when these habits run against the grain of modern society. People who strive to establish the freedom to live the life they want will inevitably buck the strong... About the Author With Instaread, you can get the summary and analysis of a book in 20 minutes. We read every chapter, summarize and analyze it for your convenience.

'Joshua Wong is a brave and inspiring young leader.' - GRETA THUNBERG Imprisoned on 2 December 2020 for the third time, read Joshua Wong's urgent and powerful story - the Hong Konger fighting for democracy. INTRODUCTION BY AI WEIWEI, FOREWORD BY CHRIS PATTEN Unfree Speech is Joshua's urgent call for us to defend our democratic values, whoever we are. It chronicles Joshua's path to activism, collects the letters he wrote as a political prisoner, and closes with a powerful and urgent manifesto for us to defend our democracies at time of global flux and change. Joshua Wong made history when he was 14. While the adults stayed silent, Joshua staged the first ever student protest in Hong Kong to oppose National Education - and won. Since then, he led the Umbrella Movement, founded a political party, and rallied the international community around the Hong Kong protests, which saw 2 million people take to the streets. Now, he is in jail again. His actions have sparked worldwide attention and earned him a Nobel Peace Prize nomination, as he continues to fight for what he believes in. His message is clear: when we stay silent, no one is safe. When we free our speech, our voice becomes one. 'If we want freedom, we need to learn from Hong Kong. With values, tactics, and courage, Joshua Wong shows us the way.' - Timothy Snyder, bestselling author of On Tyranny 'A guide to mobilising for democracy and representation in and far beyond Hong Kong.' - Julia Lovell, award-winning author of Maoism - The Times Book of the Week - - Observer Book of the Week - - Named by the Financial Times as one of the 50 people who shaped the decade - The author describes how he left a lucrative business consulting job to found the nonprofit Pencils of Promise, an organization responsible for building schools for the poor in developing countries around the world and which recently completed its two hundredth school.