

## Motivational Advice for Women and Girls: Time Tested Tips and Tricks to Stay Motivated and Inspired (Paperback)



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### ***Reviews***

*An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehend every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

*(Janie Wilkinson)*

## MOTIVATIONAL ADVICE FOR WOMEN AND GIRLS: TIME TESTED TIPS AND TRICKS TO STAY MOTIVATED AND INSPIRED (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you a women or girl who feels a lack of motivation. or are you trying but never reaching your goals? Do you feel stagnant, stuck in a rut, and ready for a change? Are you terrified of ending up old with too many regrets and too little fulfillment? If you keep doing what youve always done, youll never get motivated. Is this positive for you? Motivational Advice teaches you every step, including an action plan you ve been too scared to reach for. This is a book of action and doesnt just tell you to try harder. Life rewards those who take matters into their own hands, and this book is where to start. Motivational Advice is full of real-life examples for women and girls, proven techniques of that have worked for thousands of people just like you. These methods are backed up countless research studies, all which will arm you with a mindset primed for success and powerful, concrete habit busting techniques. Easy-to-implement small changes and practical takeaways for immediate action. What happens if you ignore your motivation? Learn where motivation comes from? Why should you care about your motivation What goals you ought to shoot for The consequences of ignoring motivation How will you learn to build motivation? Reframing the problem Using mind maps Focus on the environment Set daily quotas What happens when you dont let life pass you by? Never wonder what if you could reach your goal! Wake up every day with high energy and desire Inspire yourself and others to create the life they want. Feel comfortable with your identity. Find out how to let go of your...



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