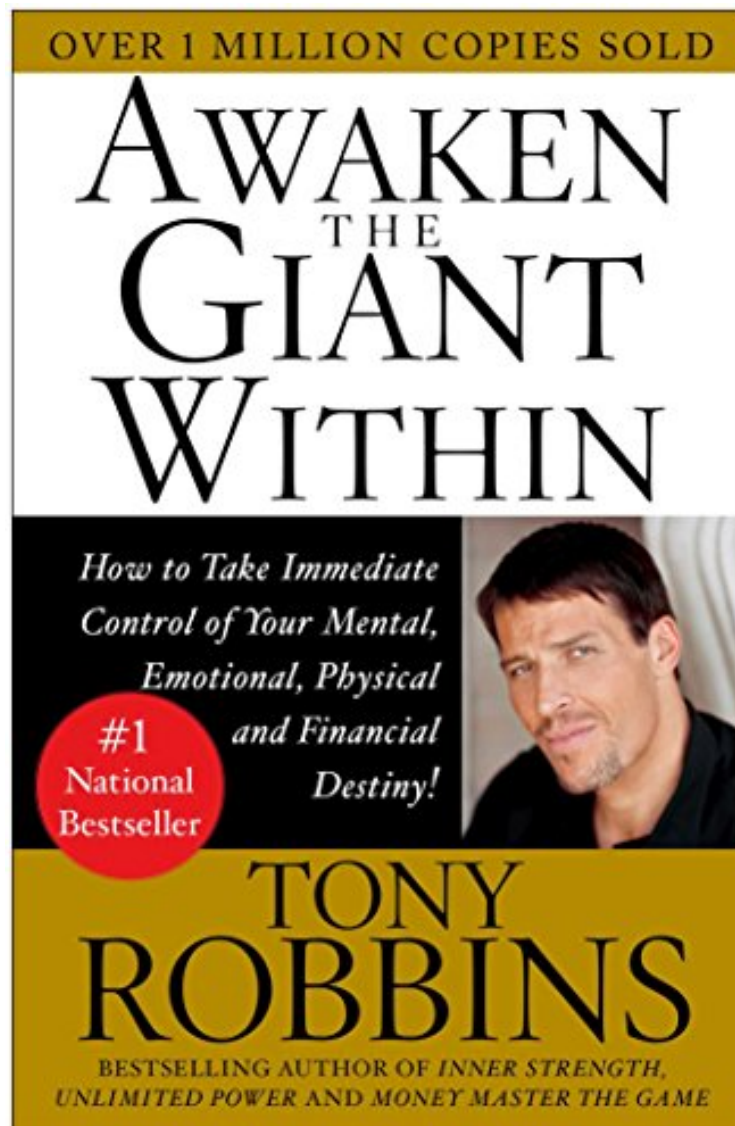


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The Sample Master Tony Robbins exemplifies his life coach teaching styles in a way that empowers the reader to self fulfilment. This book forces you to conduct a reality check and take a hard look in the mirror. It helps you to realize your flaws and "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. 68 of 71 people found the following review helpful. It's okay [understatement alert] :) By NMD Productions 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. 0 of 0 people found the following review helpful. Home Run By George FI like the book it stress' s on never giving up and believe that the choice is yours on how you will live your life with tools made. Possible by reading and applied use of his program

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.

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