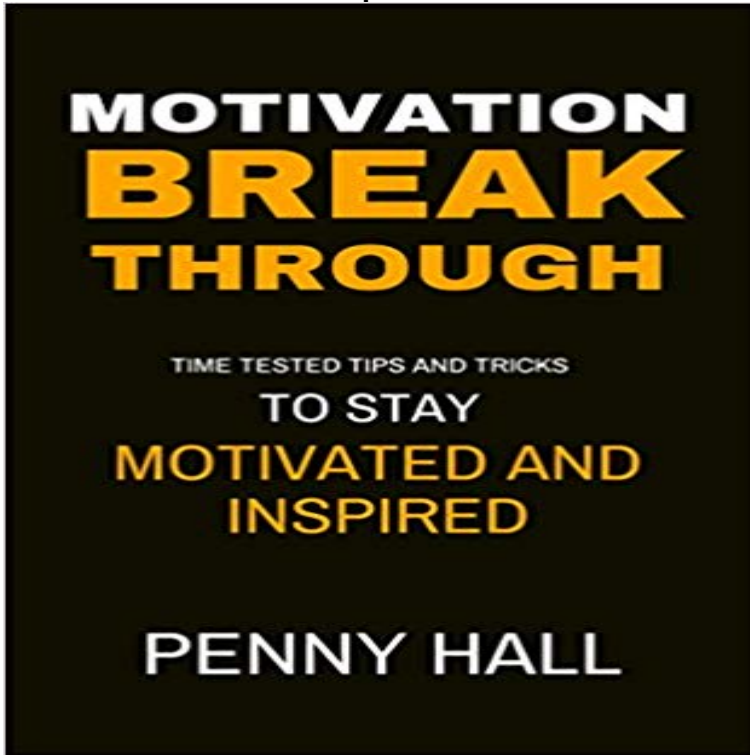


# Motivation Break Through: Time Tested Tips and Tricks to Stay Motivated and Inspired



Are you a person 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 you've always done, you'll 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 doesn't 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 don't 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 fears and take flight towards success, period. Create the life and success you want. Try Motivational Advice today by clicking the BUY NOW button at the top right of this page! P.S. You'll be able to notice a difference within 24 hours.

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