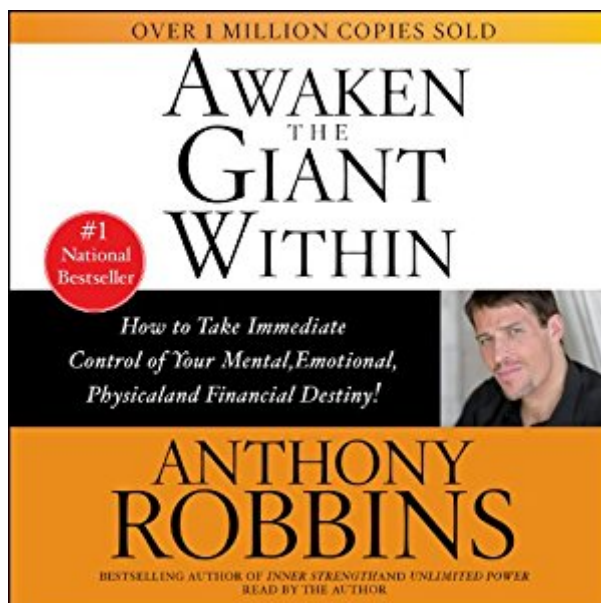


The book was found

Awaken The Giant Within



Synopsis

The author offers advice on such matters as mastering emotions, overcoming debilitating habits such as over-eating, drinking and drug abuse, unleashing the hidden power of body and mind, improving personal and professional relationships, and taking control of personal finances. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 31 minutes

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Version: Abridged

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ASIN: B000NHG8CO

Best Sellers Rank: #14 in Books > Medical Books > Psychology > General #21 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #45 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

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.

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.

This is the next my book that provides easy to follow steps on how to do some changes in your life I believe the Neuro Associative Conditioning (also known as NAC) it's a really good plan to make some changes in your life. I know this because I starting applying some of its principles and I have seen the results. I feel privileged to have read this book and remember to commit yourself to CANI! (Constant and never-ending improvement!)

I'm sorry, this was so cheesy. And I couldn't stand listening to his voice. Also, it was maybe a 1/4 of the book. That's effed up. Did I miss the part of the audio version where it said "only contains a few chapters"? Nope. It just failed to mention that.

I got an older book and it is too "thick" to read, but I started it. A friend went to a \$2,000 conference with Tony in person and walked across the "hot coals" like Oprah did. He said it was worth every penny. Tony knows his stuff!!

You can say what you want about Tony Robbins but he's a great inspirational author. Some fluff in the book but there is really good content. The way he helps you to rewire your brain and see things differently has really helped me. I'm glad I bought this book.

The audio tape of Awaken the Giant Within should be with you whenever you drive. Plug it in a listen and follow Tony's instructions. He will teach you how you can step out of your comfort zone by

using pain and pleasure. The key he tells us is we must associate more pleasure to the act than pain. It is a matter of reprogramming ourselves. This is the best money you can spend! He has helped to make a change in my life. Let him help you

An amazing and life-changing read, and it's all still relevant. This massive book is full of wonderful insight, activities and information to allow you to fully change yourself for the better.

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