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Giant Steps: Small Changes to Make a Big Difference is meant as a daily activity and thought guide. Tony offers an insightful tip on how to incrementally improve your life. As such, it doesn't really work to read the whole thing through and it really doesn't work well as an audio book.

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Small Steps Big Changes (SSBC) is a programme of activities designed to give every child the best start in life. We are funded through the National Lottery Community Fund's A Better Start Programme. Our projects and groups focus on helping children to: learn to talk and communicate; be confident, friendly and understand their emotions & behaviour

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WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION? Based on the finest tools, techniques, principles, and strategies offered in Awaken the Giant Within,best-selling

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author and peak performance consultant Anthony Robbins offers daily inspirations and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life. From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with a minimum investment of time.

Based on the finest tools, techniques, principles and strategies offered in AWAKEN THE GIANT WITHIN, bestselling author Anthony Robbins offers daily inspirations and small actions that will compel you to take giant steps forward in the quality of your life. Robbins shows you how to get maximum results with a minimum investment of time. 'Robbins' GIANT STEPS is the ultimate game plan for life. It's an emotionally interactive primer for personal and professional success' PETER GUBER, CHAIRMAN AND CEO, SONY PICTURES ENTERTAINMENT

A guide based on the author's "Awaken the Giant Within" offers suggestions for everyday living to encourage readers to take control of their lives and initiate change and growth by altering beliefs

This re-packaged, motivational guide is based upon Awaken the Giant Within, bringing Robbins's message to those wishing to improve their quality of life. His advice includes focusing on where you want to go, and not on what you fear, and making it easy to feel good and hard to feel bad.

“On some days your dreams may seem too far away to realize... Listen to the whispers of those that came before...” People throughout history have taken giant steps toward improving the world—but even the smallest step makes a difference. A wonderful and inspiring gift, Giant Steps to Change the World encourages readers to follow in the footsteps of those who came before, to reject fears of inadequacy, and to ponder what they can contribute to society.

Now updated with new material, Notes from a Friend is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles from Tony Robbins, bestselling author and an international leader in peak performance. Starting in 1991, a self-published version of this book has been handed out to thousands of people in need, as part of the Tony Robbins Foundation's Thanksgiving "Basket Brigade." The book helped so many individuals overcome the most challenging circumstances that people repeatedly asked to purchase it for themselves and for their friends. Now, for the first time, it is available to you in this special, updated edition containing new material. Buy this book and you change a life. Read this book and you'll change your own.

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.

"Bibliography found online at [tonyrobbins.com/masterthegame](http://tonyrobbins.com/masterthegame)"--Page [643].

This self-help guide shows the reader step-by-step how to perform at their peak while gaining emotional and financial freedom, attaining leadership and self-confidence, and winning the confidence of others. It should enable the reader to gain the knowledge and courage to remake themselves.

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FROM THE BESTSELLING AUTHOR OF THE YEAR OF LIVING DANISHLY - How to make big decisions, be more resilient, and change your life for good. Having spent the last few years in Denmark uncovering the secrets of the happiest country in the world, Helen Russell knows it's time to move back to the UK. She thinks. Maybe. Or maybe that's a terrible idea? Like many of us, she suffers from chronic indecision and a fear of change. So she decides to give herself a year for an experiment: to overhaul every area of her life, learn how to embrace change, and become a lean, mean decision-making machine. From how to cope with changing work lives and evolving relationships, to how we feel about our bodies, money and well-being, Helen investigates the benefits of new beginnings, the secrets of decisive people and what makes changes last - and uncovers the practical life lessons we can all use thrive when change is afoot - and inject some freshness and magic if it's not.

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