



# 100 Ways to Motivate Yourself

*Steve Chandler*

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## **100 Ways to Motivate Yourself** Steve Chandler

Live the life you've always wanted to live! *100 Ways to Motivate Yourself* is packed with techniques for breaking down negative barriers and pessimistic thoughts that prevent you from fulfilling your goals and dreams. It's easy to get stuck in a humdrum life and only fantasize about what "could have been."

Motivational speaker Steve Chandler helps you change that way of thinking to what "will be." His ideas will help you create an action plan for living out your vision.

You will be intrigued at some of the real-life experiences upon which Steve has based his techniques—from Arnold Schwarzenegger, who told the author in 1976 that he was going to be the number one box office star in Hollywood (at the time, Arnold was only a body builder with a heavy Austrian accent), to Leonard Nimoy, whose life was reshaped through the rational, logical thought of Spock, the character he played on *Star Trek*.

*100 Ways to Motivate Yourself* is filled with proven methods for changing the way you think and developing self-creation. Steve draws on the feedback he's received from corporate and public seminar students to ensure that his methods work.

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