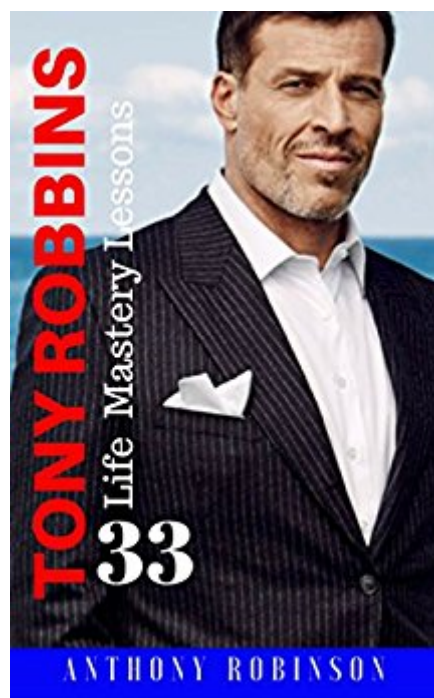




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# Tony Robbins: 33 Life Mastery Lessons (Motivate Yourself, Peak Performance, Build Confidence, Business Mastery, Success Principles, Life Coach, Mindset)



## Synopsis

**33 Life Mastery Lessons** Prepare yourself for a motivational experience that will have you ready to start immediately. Simply reading this book will be enough to make you understand why you need to change and how to begin but that is not where your journey ends. This is only the first step. Every journey truly starts with that one step. Inside each of us is someone just waiting for the moment to break free of all that binds us. Tony Robbins shows you how to turn the key that opens the door to your future. His teachings and the "unstoppable you" philosophy he embraces are contagious. His energy alone will make you want to get up and do something, to take some sort of action. As you read through this short ebook, you will start to realize some of what you are missing out on and begin to question the methods you have been using to guide your life. You will ask yourself why you haven't done this before. You will come to see so much was inside you but you just never knew it was there. Your world will begin to change right before your eyes. Neighbors, friends, and family will see the new you. They will be inspired and want to learn your secrets. You will find new ways to achieve all you're your dreams. When you look back at your former self you will wonder how and why you wasted so much time uncovering the winner within. Tony Robbins hold seminars and has a team of experts in the fields of psychology and motivation to assist him in inspiring you to achieve all you want in your life. He coaches individuals on a one-on-one basis in addition to the seminars for thousands at once. No one person is too big or too small for Robbins. His clients have ranged from former US Presidents to business leaders to professional athletes. You need this book.

**Preview Of Things You Will Learn....**

**Who is Tony Robbins?** Learn 33 of his most important life lessons  
Get and understanding of how to start your day with a ten-minute routine  
Learn the Tony Robbins RPM method  
Learn how to set life goals  
Learn how every day you can get one step closer to your life goals  
You too can do what they have done. You can be that guy or gal who has it together. The one who accomplishes all the tasks they intend to in a day or a week. You can set life goals and meet them if you learn the discipline Tony teaches and practice it every day. Make his rules part of your life, make it a way of life. Don't sit back any longer getting frustrated because you did not get enough done today. Don't wonder when your ship will come in, make it come in. You don't have to struggle with the never-ending pursuit of the next paycheck if you make your plan and stick to that plan. Take action now only \$2.99 to change your life!!

## Book Information

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## Customer Reviews

Live your life on your terms. Design your life and stop making a living. Be the CEO of your Life.

Thank you Tony

This ebook was consumed in 30 minutes; planted in fertile soil, the seeds can grow majestic forests of success. Only read it if you're ready for honest self-evaluation and change.

I was mislead by the cover of this short booklet. I either overlooked the relatively small-print author's name on the cover, or I misread "Anthony Robinson" as "Anthony Robbins." I'm not sure which I did. In any case, this is not a booklet by the celebrated author Tony Robbins. It appears to be a summary of poorly-written notes that Anthony Robinson took at an Anthony Robbins seminar, sprinkled with direct quotations from an Anthony Robbins book. The notes are often meaningless to the reader, although they may have had great meaning for the author. For example, here is a verbatim quotation of the entire fourth chapter, containing the "Free 'Morning Routine'" offered in the title of this booklet. (Grammar and punctuation errors are shown just as they are contained in the booklet.) "Tony has a ten-minute minimum ritual he uses to start each day. He recommends you

take ten minutes in the morning for yourself. His ten minutes is broken down into three sections with no specific time set for any given section."First, he practices a breathing exercise called Kapalabhati Pranayama, a yoga discipline. This practice can help increase your oxygen level strengthen abdominal muscles, may help reduce the aging process and improve circulation, it may also help reduce wrinkles, and it helps to awaken your inner energy.Next, Tony spends a few minutes simply being thankful and thinking about what he is thankful for in his life. He always chooses something that seems insignificant in things he is thankful for."Finally, Tony prays. He is not suggesting anyone needs to be a religious person, only that the exercise is spiritual in nature. He prays that benefits come to his friends, colleagues, and family, that no harm will come their way."Once his ritual is complete, Tony has his breakfast."That's it! That's the entire fourth chapter. How useful is that to you?The quotations the author has appropriated appear to be infringements of Anthony Robbins's copyrights; there is no reference to source and no "permissions" statement on the copyright page.

Very misleading - this is NOT a Tony Robbins book. It is a very poorly written recap of some of the principles he teaches. MANY, many spelling and grammar errors. Would not recommend.

Very easy to read. Very explicit and well organized. It keeps you motivated to keep reading more.  
Highly recommend it

good stuff

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