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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

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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.

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"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.

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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