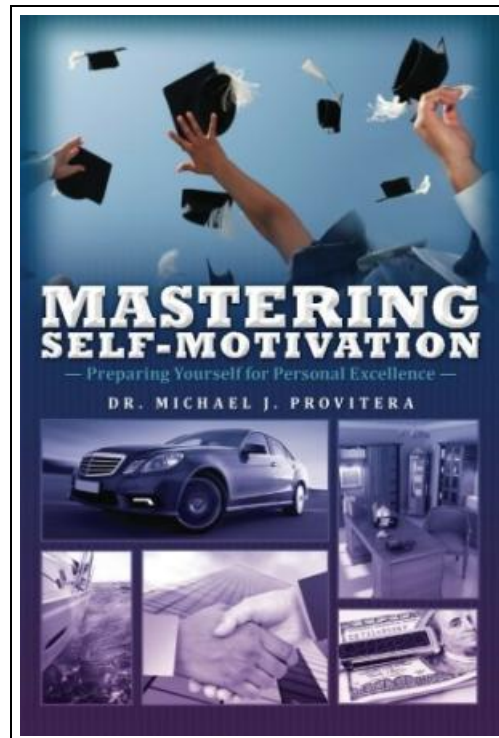


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Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Forty years after motivational theories were embraced by academics, people still want to become more motivated, yet motivation is lacking in many people today. This means that people are still sabotaging and limiting themselves when it comes to the things that are most important in their lives. In Mastering Self-Motivation, Michael Provitera provides helpful suggestions, guidelines to follow, explanations on what you need to do today to begin living a better tomorrow, and offers inspirational stories coupled with solutions that can empower you to achieve personal excellence. Provitera is a motivational and organizational behavior expert and management consultant to corporate clients. In 2013, he gave a motivational keynote presentation at Barry University in Miami Florida in which he described how people unintentionally hold themselves back in their lives. He encourages people to be the front runner in everything they do by showing how geese fly in the V-format and are able to soar with 70 percent less effort than flying solo, to seek a better life for themselves, to take calculated risks in a word he coined Motrapreneur, and pursue their career of choice with passion and courage. In Mastering Self-Motivation, Provitera shows how you can bounce back if you face obstacles, combining popular motivational concepts, tried-and-true application to day-to-day tasks, and compelling research to present what really matters when it comes to motivating oneself for personal excellence. He combines the most powerful concepts ever derived from motivational scholars and guru s alike, and shows people how to spend more time working on themselves to become more knowledgeable and make the right choices at the right time and in the right place. He provides practical advice on motivational techniques, reinventing oneself, making changes,...

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