



Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!

Anthony Robbins , Tony Robbins , Frederick L. Covan (Foreword by)

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Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! Anthony Robbins , Tony Robbins , Frederick L. Covan (Foreword by)

Wake up and take control of your life! From the bestselling author of *Inner Strength*, *Unlimited Power*, and *MONEY Master the Game*, Anthony Robbins, the nation's leader in the science of peak performance, shows you his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life.

The acknowledged expert in the psychology of change, Anthony Robbins provides a step-by-step program teaching the fundamental lessons of self-mastery that will enable you to discover your true purpose, take control of your life, and harness the forces that shape your destiny.

Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny! Details

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Marshall says

Probably one of the most popular self-help books ever written. I found it inspiring and insightful, although not all that original. Most of it was just common sense and standard psychology, particularly behaviorism and cognitive-behavioral therapy. The gist is that we can change our lives by changing our beliefs and thoughts, and associating pain with bad habits and pleasure with more beneficial habits.

While it's always good when someone makes psychology more accessible to the layman, there's something about this book, and Tony Robbins in general, that feels way too much like he's trying to bottle it and sell it. For example, there is a very common, though inspiring, sentiment in American culture that we can and should constantly better ourselves. But Tony Robbins had to invent an acronym and trademark it: CANI!(tm), which stands for "Constant and Neverending Improvement!" Which brings me to his writing style! Why must he end every other sentence with an exclamation point? It makes it exhausting to read!

Seriously though, I know there are plenty of people who feel totally comfortable to business- and marketing-speak, who find Tony Robbins sincere and invigorating. More than once, I found myself thinking big, imagining what other great things I might want to accomplish in my life.

Bookish Enchantment (Katherine Quirke) says

It is true you only get out of life what you put in.

I refer to your thoughts and your mindset.

We are a product of how we use our mind. Anthony Robbins is teaching that in this book.

If you want a get rich book I would not consider buying or reading this book. This book will make you rich but rich in mind, body, spirit and material wealth will follow if that is your desire.

Anthony does not proclaim to may you materially rich by using his techniques. What he is doing is showing you the power of your mind and how you can use it to enjoy your life and live it the way you want to.

So ignore the critics if you are looking to change your life in any way. Learn the power of your thoughts and how you can live each day to the fullest.

I was bitter and angry this morning and on reading a section from Anthony's book on the train to work I put the techniques to work and I now feel great. It is that simple. We are what we think!

I have read this book 3 times so far. I think it is an important part of assisting in taking control of your own personal world.

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Dominic says

I read just about everything Anthony released but *Awaken the Giant* is my favorite. I first read this book in the early 90's and since then Tony Robbins has released more books and more audio systems but the principles are still the same. This book was my introduction to Neuro Linguistic Programming which proves effective if you practice it (I emphasize if). Tony speaks a lot about his own experiences also and some of the struggles he faced growing up which allows the reader to make comparisons to their current situation. The only thing I should stress about this book is that it will not provide you a system in finding what you should be doing or should be in life. Tony has many tools in the book to assist you in taking action towards your goals but I've found that the search for what you should be doing is really up to you. The only reason why I say this is that I have read reviews in the past where people walk away disappointed because they have a lot of fuel and no car to put it in. Such as life, it's up to us to get the car. I do recommend this book though. It was very beneficial.

Farheen says

this book should be required reading for every single person in the world. amazing. how am I just learning

about Anthony Robbins. I have always been the most motivated, determined person I know in every area of my life, but lately I had begun to lose that. Robbins' book helped to take me out of this dark part of my life and has motivated me again to become something great during my one shot at life.

This is a very long book, and should not be rushed through reading. You really need to read a little each day- I would read a chapter or two- and then think about what you have read in the next 24 hours. You also need to do all the exercises it tells you to do- no matter how gay or cheesy they may seem to you- it really does make sense and help you get out of your rut of unhealthy thinking and living. An unexamined life is not worth living...

AZ ZA says

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To be successful, you have to be lucky in addition to working hard, being smart, creative etc. and only a small percentage of us will ever get to be lucky.

John Vanbrunt, says

Quotes in the book

-The greatest leverage you can create for yourself is the pain that comes from inside, not outside. Knowing that you have failed to live up to your own standards for your life is the ultimate pain

-It states "the desire for gain must exceed the fear of failure" in order to accomplish something.

-Once we effect a change, we should reinforce it immediately. Then, we have to condition our nervous system to succeed not just once, but consistently

-The difference between acting badly or brilliantly is not based on your ability, but on the state of your mind and/or body in any given moment

-All too often, the security of a mediocre present is more comfortable than the adventure of trying to be more in the future

- Determination is the wake-up call to the human will."

CANI -Constant And Never-ending Improvement

"It must be constant commitment backed up by action."

Questions you should answer about yourself:

1. What have I given today?
2. What have I learned today?
3. How has my day added to the quality of my life?

This guy has great energy!

Gabriela says

Anthony Robbins is one of the most well known self-improvement and motivational speakers. Even though his first book 'Awaken the Giant Within' was published more than a decade ago, it still holds immense relevance in today's world. This is a book packed with plenty of strategies on how to take charge of your emotions, health, relationships and finances. It is a holistic book that offers timeless philosophies that can help you reach your true goals and discover your passion in life.

I have read several self-help books and while most were helpful, I find 'Awaken the Giant Within' a very well thought-out book. Self-help books tend to lean too much on the advice, but offer little in the way of execution. This book seems to be more of a practical, strategic guide than a book of superficial hope, which is a good thing. I would completely recommend it to anyone looking to bypass the fluff, hype or superficial positive thinking literature for a more substantial read.

I would recommend to read it a couple of times in order to understand and implement the underlying philosophies. Robbins' literature is heavily influenced by Neuro-linguistic Programming (NLP), which might at times be a bit complex to get the hang of.

Kenneth says

Sounds like a cheesy infomercial
