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# Summary Of Tony Robbins' Awaken The Giant Within: How To Take Immediate Control Of Your Mental, Emotional, Physical And Financial Destiny!



## Synopsis

Wake up and take control of your life! This is a Summary of Tony Robbins' Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!

Tony Robbins is a best-selling author, and the nation's leader in the science of peak performance. With this book he shares his most effective strategies and techniques for mastering your emotions, your body, your relationships, your finances, and your life. This summary is aimed for those who want to capture the gist of the book. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ask any person and you're bound to get the same answer, every individual has a dream. Every person dreams of achieving his or her ambitions, whether it's now or in the future. At some point, all people wonder what they could do with their lives. Even if they don't say it out loud, most people have a vision of sorts for the type of life they desire. However, only a few individuals manage to make their dreams come true. Everyday problems and struggles often distract people, obscuring and ultimately pushing their dreams and ambitions at the bottom of their to-do list. Over time, the same dreams become relegated to the world of fantasy and eventually the once vivid dream becomes something impossible to obtain. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book. This summary is aimed for those who want to capture the gist of the book. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ask any person and you're bound to get the same answer, every individual has a dream. Every person dreams of achieving his or her ambitions, whether it's now or in the future. At some point, all people wonder what they could do with their lives. Even if they don't say it out loud, most people have a vision of sorts for the type of life they desire. However, only a few individuals manage to make their dreams come true. Everyday problems and struggles often distract people, obscuring and ultimately pushing their dreams and ambitions at the bottom of their to-do list. Over time, the same dreams become relegated to the world of fantasy and eventually the once vivid dream becomes something impossible to obtain. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book. You get the main summary along with all of the benefits and lessons the actual book has to offer. This is a summary that is not intended to be used without reference to the original book.

## Book Information

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## Customer Reviews

Very good audio summary - a solid, 30 plus minute audio book - well presented and easy to follow. I listen to audio books in the car while commuting to work and I liked this one so much, I listened to it a second time so the concepts would sink in. I enjoyed both the content and the narration. I'll be back for more if I can find the same narrator - Ant Hive Media def gets it right.

Disappointed but it's my first book summary. I heard the book was outstanding so I now plan on buying the book.

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