

A photograph of Tony Robbins, a man with short brown hair, smiling broadly. He is wearing a dark blue V-neck shirt. The background is a blurred outdoor setting with yellow flowers and a building.

A QUICK
AND SIMPLE GUIDE TO
TAKING CHARGE
OF YOUR LIFE

NOTES FROM
A FRIEND

TONY
ROBBINS

AUTHOR OF THE NATIONAL BESTSELLERS
MONEY MASTER THE GAME AND *AWAKEN THE GIANT WITHIN*

A close-up photograph of Tony Robbins' hands, which are clasped together. He is wearing a dark blue shirt and a watch on his left wrist.

Anthony Robbins

Notes from a Friend: A Quick and Simple Guide to Taking Charge of Your Life



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Now updated with brand-new material, Notes from a pal is a concise and easy-to-understand guideline to the most powerful and life-changing tools and concepts from Anthony Robbins, bestselling author and an international leader in peak performance.”s Thanksgiving “Basket Brigade.Beginning in 1991, a self-published version of the book has been handed out to thousands of people in need, within the Anthony Robbins Foundation’ Right now, for the very first time, it is normally available to you in this particular, updated edition containing brand-new material. The reserve helped a number of people overcome the most complicated circumstances that people repeatedly asked to purchase it for themselves and for their friends. Read this book and you’ Purchase this reserve and you switch a life.ll modification your own.



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A Distillation of Tony's Books, CD's and Courses I've paid attention to and watched hours of Tony Robbins, attended all of his programs including his four part Mastery System. This book is a distillation of what I have learned in every those books, CD's and in every those courses. He uses real life examples and people we are aware of like the man who started Kentucky Fried Chicken and Honda autos so he is not just providing you inspiration gibberish. And it's about 100 webpages, so it's an instant read that you will keep coming back to once you have apply what you learned. Because once you truly take "Massive Actions" as Tony recommends, you will have a deeper knowledge of what he writes about and you may get even more from the second, third, 4th etc. reading. So, if you are already a Tony Robbins fan, get the book. It's an instant and easy refresher for everything you have learned. If you don't know very much about Tony Robbins, it's a good introduction and then perform as he suggests in it take "Massive Actions" and get some of his various other books and head to his seminars. "Unleash the energy Within" is the introductory seminar. Really worth the price even just to possess on the shelf for review. A good summery of the works of Tony Robbins For those who have not taken any classes of Robbins or have done some and want a refresher this reserve will be perfect for you. Four Stars Good, insightful book I didn't figure out how to sell more or create wealth.---Harry Buy this book now This book changed my entire life. HE IS THE BEST. Any time, I'm in a poor mood or I feel helpless, I go through this reserve and it completely motivates you and provides you with confidence. Tony ROCKS! Rather, I learned how exactly to change my entire life and improve my perspective on issues. In case you are depressed or are unhappy with your lifestyle and you want to change, this publication can help you do therefore. It teaches you how to break negative traits and inspire you to change. I used to be in corporate sales so I bought this reserve looking for suggestions to improve my sales. "Notes From A Friend" is the Cliff's Notes of Tony Robbins' philosophy, and is definitely presented with his contagious enthusiasm. However (although my respect to the artist) the cartoon drawings are out of place in this context, and distract from the profoundly useful text messages. Rather, it's HOW he tells things. The best part is that this book is a straightforward step by step instruction for transforming your entire life. Honda of the Honda car company, but it doesn't count because his story of struggle, perseverance and triumph is featured in the reserve). I'm in medication today which is a completely different field but I still refer back again to this book.. It really is a gem Exceptional, but.. He seemed practical and made sense. Tony Robbins doesn't really let you know anything you didn't already know. For people who don't know his great work, I'm nearly embarrassed to provide this publication and there are More and more people I want to purchase it for. Oh, I've read and attempted everything. While looking forward to the CD set to be delivered, I read this publication. His advice is founded on his discussions with real people who achieved success in life. I desire this book will be reprinted without the cartoons (except for the Charlie Brownish comic which includes an important message). Great brief read and very pass-around book buy it and talk about it when you are carried out reading. In any case, Tony is an extraordinary person. He originally wrote this book as a free of charge gift to provide inside every Thanksgiving basket his foundation delivers every year, as a short, easy to read overview of Awaken The Giant, so more people would examine it and reap the benefits of it's messages. I purchased my first self-help book forty-eight years back, when I was still in quality school. In college I initial minored in philosophy, and then in psychology. The publication became so popular it was offered for sale. An Absolute Oasis I realize discussing any book mainly because an "oasis" sounds silly, but this particular publication qualifies. I've read from classic self-help psych books to the most outrageous metaphysical self-improvement techniques. The first cartoon is particularly out of place in this context and that's the main one people see 1st. I came across Tony Robbins over twenty years ago, and really liked him. I am a huge fan of Tony Robbins work and love this short book for quick reminders Also to give as gifts. After going through the Personal Power tape set 3 x, I lost an eye on Tony and got involved in other methods. Last month I stumbled across his latest -- The Edge. Even though you

don't find the cartoons distracting, they are inappropriate because all of the cartoon character types are white, no other races represented (except for Mr.It's terrific. There are no gimics in this book. It's an instant read (about one hour), but is filled with good advice and humor.Of all I've devoured in the last forty-some years, Tony Robbins' material and the Life 101 series (right now out of printing) are simply just the best. Much less described. Great read I bought this for my daughter because she enjoyed the Netflix special he did. PERFECT, JUST Seeing that DESCRIBED! I'm not really a big Anthony Robbins lover. I can fully attest to that.Tony tells you in his books and seminars that when you apply what he teaches, "Life will never be the same". In case you have a friend you wish to turn Tony to with what he can perform for those who will be ready to make changes in life this publication will be a valued gift.Instead of the cartoons, to include emphasis there could simply be considered a message in large text in those spots. I had to read probably 1000 web pages of Tony's function to understand this kind of summary- so if you are interested in only "getting to" a few of his more universal points- this is good. and once again, best if you pass it about. Love the author- he does and did much for many. Not as described Received a small blue book. Like sensible old friends. One Star DID NOT ENJOY IT. TOO BAD Love this book Short and sweet. Like this publication. Fast delivery. PERFECT, JUST AS DESCRIBED! She read it in one day and was inspired to make use of what she discovered on her friends Five Stars Tony Robbins is ALWAYS the best go through. I am living the life span of my dreams.



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