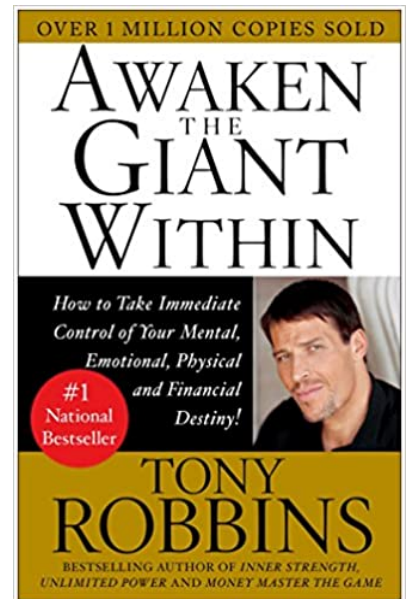


# Awaken The Giant Within Book Summary (PDF) by Tony Robbins

Ready to learn the most important takeaways from Awaken The Giant Within in less than two minutes? Keep reading!



## Why This Book Matters:

Awaken the Giant Within tells readers the importance of identifying their core beliefs in life to help reshape the way they think and interact with the world around them.

## The Big Takeaways:

- 1. Changing your life stems from being serious about making good choices.**
  1. If Despite how big or small the change you want to make is, you have to stick to your decision, regardless of the challenges in your way.
- 2. You can make changes in your life stick by associating bad things with your old habits and good things with the new.**
  1. Gaining pleasure or staying away from pain are our biggest motivators in life.
- 3. You have to change how you think at your core to change,**

**period.**

1. You have plenty of beliefs that dictate the way you look at things. If you can change those, you can look at things differently.

**4. Take negative words out of your dictionary.**

1. The language you use to represent your ideas makes a huge difference in how you perceive them.

**5. Identify what you appreciate to make it certain that you're living life in the way you need to.**

1. You cannot live life to its fullest potential if you don't have priorities.

## **Want To Keep Reading?**

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- 2. Buy The Book on Amazon**
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