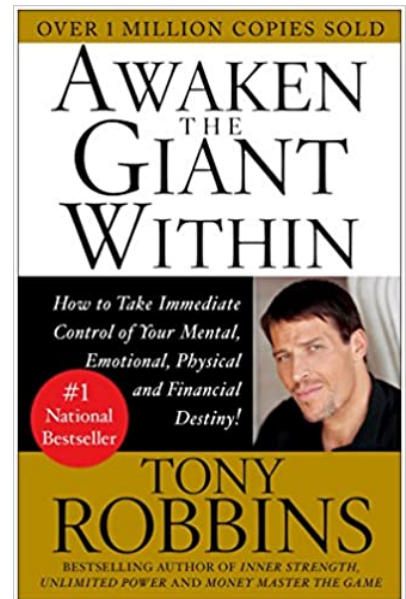


Awaken The Giant Within Book Summary (PDF) by Tony Robbins

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.

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