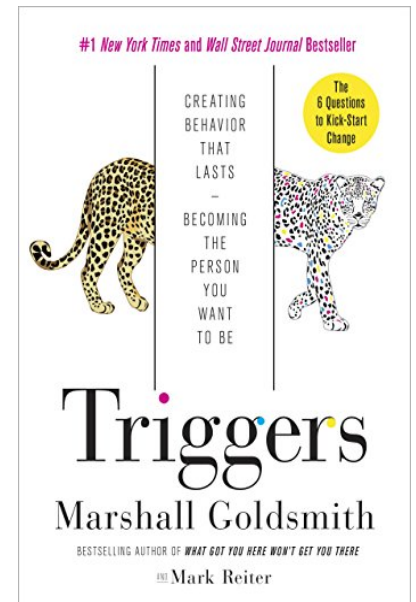


# Triggers Book Summary (PDF) by Marshall Goldsmith and Mark Reiter

Ready to learn the most important takeaways from Triggers in less than two minutes? Keep reading!



## Why This Book Matters:

Triggers explains how little things in life are unknowingly preventing you from moving forward in life and how you can work around these triggers to achieve your goals.

## The Big Takeaways:

- 1. Triggers are keeping us from doing what we have set out to do.**
  1. If Triggers are things that appear in our everyday life that throw us off track.
- 2. Triggers are not just physical.**
  1. Some things we believe about ourselves and our abilities are so deep-rooted that they prevent us from taking steps toward change.
- 3. Prevent yourself from giving in to urges by keeping tabs**

**on yourself.**

1. Assess what things are keeping you from doing what you set out to do.

**4. Become the leader of your own life.**

1. Through making changes that squash your triggers, you must learn to assess the things that may be out of your control and choose how to navigate accordingly.

**5. Creating a framework for your day-to-day can prevent you from falling into slumps.**

1. Knowing what you expect out of yourself every day can help save you from ego depletion, a state where you won't get much done.

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