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themselves up to win
you already have everything you need. That's why motivation isn't something you have. Motivation is something you get, from yourself, automatically, from feeling good about achieving small successes. Success is a process. Success is repeatable and predictable.

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The Motivation Myth: How High Achievers Really Set Themselves Up to Win by Jeff Haden. From Inc.com's most popular columnist, a counterintuitive--but highly practical--guide to finding and maintaining the motivation to achieve great things.

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a counterintuitive--but highly practical--guide to finding and maintaining the motivation to achieve great things. It's comforting to imagine that superstars in their fields were just born better equipped than the rest ...

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His latest book is “The Motivation Myth: How High Achievers Really Set Themselves Up to Win.” Which is a fantastic book and Jeff, I got to tell you, I read the advanced copy that you sent me. I also bought it in hardback.

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Title: The Motivation Myth: How High Achievers Really Set Themselves Up to Win Author: Jeff Haden The problem with motivation is that many think it's something that will happen to them - like a jolt that will bolt them out of procrastination and into action.

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His name is Jeff Haden and his latest book is The Motivation Myth: How High Achievers Really Set Themselves Up to Win. Today on the show, Jeff explains what the motivation myth is and why it's so alluring. We then discuss the real secret to lasting motivation, and no, it's not reading motivational quotes or

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Motivation isn't the special sauce that we require at the beginning of any major change. In fact, motivation is a result of process, not a cause. Understanding this will change the way you approach any obstacle or big goal. Haden shows us how to reframe our thinking about the relationship of motivation to success.

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Achievers Really Set Themselves Up To Win

High Achievers Set Themselves Up to Win, likely has many things for many people. As a retired Canadian Army Logistics Officer, I attended lots of courses and learned a few things about planning, setting goals and managing people during my career.

[How to Be More Motivated in Life and](#)

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The Motivation Myth directly challenges

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the assumption that everyone is capable of doing great things with the right motivation. Jeff Haden presents a convincing argument, backed by insights and detailed strategies, that there is a better way - the virtuous cycle of constant progress.

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