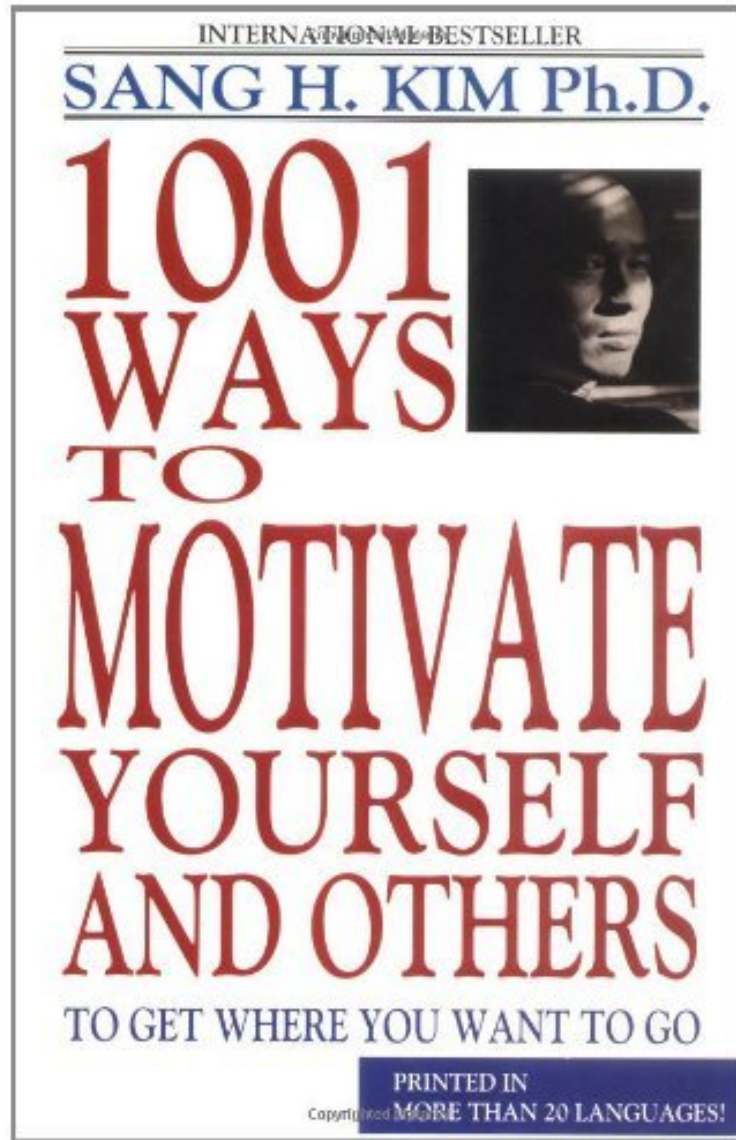


(Download) 1001 Ways to Motivate Yourself and Others

1001 Ways to Motivate Yourself and Others

Sang H. Kim

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Sang H. Kim : 1001 Ways to Motivate Yourself and Others before purchasing it in order to gauge whether or not it would be worth my time, and all praised 1001 Ways to Motivate Yourself and Others:

0 of 0 people found the following review helpful. A fantastic summary list of the qualities needed to increase motivation. By Joseph J. Truncala There may be some people who might criticize this book because of its approach to this topic. However, I love the way this book is organized. This is the kind of text one can use in a class room type of setting. Each of the points made can be discussed at length to get the most out of the material. There are fifteen chapters covering a wide range of material. The first chapter deals with the roots of motivation. The remaining

chapters cover such areas as 160 ways to motivate yourself, 60 ways to motivate your boss, 111 ways to motivate your employees, 75 ways to motivate your team, 54 ways to motivate your students, 56 ways to motivate your peers, 95 ways to motivate success, and numerous other motivation chapters. In conclusion, if you desire to motivate yourself or have the job of motivating others, this is a must book to have as a reference source. Rating: 5 Stars. Joseph J. Truncale (Author: Monadnock Defensive Tactics System, MDTs). 3 of 6 people found the following review helpful.

Motivational Book Features 1001 Nuggets, Beaufort Gazette By A Customer Benjamin Franklin had nothing on Sang H. Kim. Although Kim's latest treasure is similar to Franklin's classic collection of maxims, "Poor Richard's Almanac", his suggestions are more applicable and poignant than 200-year-old recommendations for better living. Kim's book is geared toward businessmen of today, but anyone can benefit from his sage advice. Kim divides the book into 15 chapters each directed toward subjects such as "How to Motivate your Boss" and tricks to motivate change or productivity. Truly 1001 Ways is worth 1001 dollars... it's money well spent - something that would make old Ben proud. 2 of 5 people found the following review helpful. From A Magazine: Inside Asian America By A Customer Disguised beneath a boring cover is a fun handbook with motivational tips and sayings - in bullet-point format - for motivating yourself, your boss, employees, peers, students or customers, in situations of conflict resolution, creativity, decision making and leadership. Based on the book's message of courage and believing in yourself, it comes as no surprise that Kim is a taekwondo master and motivational speaker. This book shows that self-esteem, action, motivation and a "don't mess with me" attitude can in fact be a part of the Asian American psyche.

Motivation is the key to success in life, particularly in the martial arts. Students need motivation to achieve their goals. Instructors need motivation to give their best to every class. And more importantly, every instructor must understand the keys to motivating their students to stay focused and enthusiastic in their daily workouts. This book is divided into two types of motivation: the inspiration section, with hundreds of motivational sayings to inspire you and the application section, with hundreds of specific things you can do to get motivated or motivate others. It also includes the theory of motivation and the difference between good and bad methods of motivating others.

A book you'll enjoy reading when you need a motivational boost. -- Self-Employment Survival Letter, November 1995 Benjamin Franklin had nothing on Sang H. Kim. Although Kim's latest treasure is similar to Franklin's classic collection of maxims, "Poor Richard's Almanac", his suggestions are more applicable and poignant than 200-year-old recommendations for better living. Kim's book is geared toward businessmen of today, but anyone can benefit from his sage advice. Kim divides the book into 15 chapters each directed toward subjects such as "How to Motivate your Boss" and tricks to motivate change or productivity. Truly 1001 Ways is worth 1001 dollars, so at this price, it's money well spent - something that would make old Ben proud. -- Beaufort Gazette Disguised beneath a boring cover is a fun handbook with motivational tips and sayings - in bullet-point format - for motivating yourself, your boss, employees, peers, students or customers, in situations of conflict resolution, creativity, decision making and leadership. Based on the book's message of courage and believing in yourself, it comes as no surprise that Kim is a taekwondo master and motivational speaker. This book shows that self-esteem, action, motivation and a "don't mess with me" attitude can in fact be a part of the Asian American psyche. -- A Magazine: Inside Asian America Practical strategies for boosting your motivation. -- Bottom Line Business, April 1, 1996 About the Author Sang H. Kim is an internationally respected author of 20 martial arts books, including the widely acclaimed Vital Point Strikes and the classics Ultimate Flexibility, Ultimate Fitness through Martial Arts, Martial Arts After 40, Combat Strategy and Teaching Martial Arts. His new book Mindful Movement: Mastering Your Hidden Energy is available at .com. He has also created over 200 instructional video programs including Self-defense Encyclopedia, Knife-defense, Power Breathing, Junsado Training Series, and Complete Taekwondo Series. They are available through Instant Video. He won the 1976 Korean National Championship and was named Instructor of the Year by the Korean government in 1983. As a special agent during his military service, he developed tactical combat methods for hand-to-hand and hand-to-weapon combat for covert operatives. Sang H. Kim is the originator of MBX-12, mindful movement and deep breathing exercises, and found it clinically effective in managing stress. His research results were published in the July 2013 issue of the Journal of Clinical Endocrinology and Metabolism, and featured in CBS News, Huffington Post, Fox News, and others.