

life mastery tony robbins

Life Mastery Tony Robbins: Unlocking Your Full Potential

life mastery tony robbins is a concept that has transformed the lives of millions worldwide. Tony Robbins, a renowned life coach, motivational speaker, and author, has dedicated his career to helping people break through barriers and achieve extraordinary success in all areas of life. His approach to life mastery blends psychology, neuroscience, and practical strategies, empowering individuals to take control of their destiny and live with purpose and passion.

If you've ever wondered what it truly means to master your life, Tony Robbins offers a comprehensive framework that goes beyond simple motivation. It's about cultivating mental strength, emotional resilience, and actionable habits that align with your deepest values. In this article, we'll dive deep into the principles of life mastery as taught by Tony Robbins, explore the tools and techniques he recommends, and uncover how you can apply these insights to elevate your personal and professional journey.

Understanding Life Mastery According to Tony Robbins

At its core, life mastery is about achieving balance and fulfillment across multiple dimensions of your life. Tony Robbins emphasizes that true success doesn't come from excelling in just one area, like career or finances, but from creating harmony in your health, relationships, emotions, and contribution to the world. This holistic approach is what sets his teachings apart.

The Six Human Needs

One of the foundational ideas Tony Robbins introduces is the concept of the Six Human Needs. According to him, these needs drive every decision and behavior:

- **Certainty:** The need for safety, stability, and comfort.
- **Uncertainty/Variety:** The desire for change, excitement, and new experiences.
- **Significance:** The need to feel important, needed, and worthy.
- **Connection/Love:** The desire for communication, unity, and intimacy.
- **Growth:** The need to expand, learn, and improve.
- **Contribution:** The urge to give beyond yourself and make a difference.

Mastering your life means understanding which of these needs drive your

actions and learning to fulfill them in healthy, empowering ways. Robbins teaches that when these needs are met positively, you experience fulfillment; when unmet or met negatively, you face dissatisfaction and struggle.

Breaking Limiting Beliefs

A significant barrier to life mastery is the set of limiting beliefs we carry. Tony Robbins highlights that our beliefs shape our identity and possibilities. To transform your life, you must identify and challenge the stories you tell yourself that hold you back. Whether it's fear of failure, self-doubt, or feeling undeserving, Robbins offers techniques like the "pattern interrupt" and visualization to reprogram your mindset.

Key Strategies in Life Mastery Tony Robbins Advocates

Tony Robbins' teachings are practical and action-oriented. His strategies blend mental conditioning with tangible behaviors to create lasting change.

Modeling Success

One powerful method Robbins promotes is "modeling," which means studying and emulating those who have already achieved what you desire. By analyzing their beliefs, strategies, and habits, you can shortcut your path to success. This approach is a cornerstone in Robbins' coaching, encouraging people to adopt empowering mindsets and behaviors from mentors and role models.

Neuro-Associative Conditioning (NAC)

Neuro-Associative Conditioning is Robbins' proprietary system for rewiring your brain's associations. By linking pain to bad habits and pleasure to positive actions, NAC helps you create new neurological pathways that support your goals. For example, associating the discomfort of procrastination with negative consequences, while pairing discipline with rewarding feelings, can dramatically shift your behavior patterns.

Setting and Achieving Massive Goals

Goal-setting is more than writing down what you want. Tony Robbins teaches the importance of setting massive, compelling goals that ignite your passion and push you beyond comfort. He encourages breaking these big goals into smaller, manageable steps and celebrating progress along the way. This keeps motivation high and fosters a mindset of continuous achievement.

Applying Life Mastery Principles in Daily Life

You don't need to attend a seminar or read dozens of books to start practicing life mastery. Tony Robbins' guidance can be integrated into everyday routines.

Morning Rituals and Priming

Robbins is a strong advocate for morning rituals that set the tone for the day. His "priming" technique involves a series of breathing exercises, gratitude reflections, and visualization to cultivate a positive mindset. Starting your day with intentional focus can improve emotional resilience and productivity throughout the day.

Managing State and Emotional Mastery

One of Robbins' key insights is the power of managing your emotional state. He teaches that by controlling your physiology—posture, breathing, and movement—you can influence how you feel instantly. This ability to "change your state" allows you to respond to challenges with calmness and clarity rather than stress and overwhelm.

Continuous Learning and Growth

Embracing a growth mindset is central to life mastery. Tony Robbins encourages constant learning, whether through books, mentorship, or new experiences. This commitment to growth fuels innovation, adaptability, and long-term fulfillment.

The Impact of Tony Robbins' Life Mastery Philosophy on Personal Development

The ripple effects of adopting Tony Robbins' life mastery framework extend beyond personal success. Many followers report improved relationships, better health, and a stronger sense of purpose. By focusing on emotional intelligence, strategic action, and meaningful contribution, individuals transform not only their own lives but also positively influence their communities.

Community and Contribution

Robbins stresses that contribution is a key human need that brings deep satisfaction. Life mastery includes giving back, whether through volunteering, mentoring, or simply supporting those around you. This outward focus enriches your sense of meaning and connects you with a larger purpose.

Financial Freedom and Abundance

While life mastery isn't solely about money, financial empowerment is a natural outcome of Robbins' teachings. By mastering mindset, goal-setting, and habits, many achieve greater financial stability and abundance. Robbins also emphasizes the importance of managing money wisely and using wealth as a tool for freedom and contribution.

Experiencing Life Mastery Through Tony Robbins' Events and Programs

For those seeking immersive transformation, Tony Robbins offers seminars like "Unleash the Power Within" and "Date with Destiny," which dive deep into life mastery principles. These events combine high-energy coaching, interactive exercises, and community support to accelerate personal breakthroughs.

Additionally, Robbins' coaching programs and online courses provide ongoing guidance for integrating life mastery into your lifestyle. Many find that participating in these programs creates accountability and momentum that can be difficult to achieve alone.

Embracing life mastery as taught by Tony Robbins is about more than just success—it's about designing a life where you feel empowered, fulfilled, and continually inspired to grow. Whether you're just starting your journey or looking to deepen your personal development, the principles of life mastery Tony Robbins offers serve as a powerful compass to navigate life's complexities and create lasting change.

Frequently Asked Questions

What is 'Life Mastery' by Tony Robbins?

'Life Mastery' is a personal development program created by Tony Robbins that focuses on helping individuals achieve success, fulfillment, and balance in various areas of their lives including health, relationships, finances, and personal growth.

What are the key principles taught in Tony Robbins' Life Mastery program?

The key principles include emotional mastery, goal setting, creating empowering habits, improving physical health, enhancing relationships, and developing financial intelligence to create a balanced and successful life.

How does Tony Robbins' Life Mastery course help improve mental well-being?

The course teaches techniques for managing emotions, overcoming limiting beliefs, practicing gratitude, and developing a growth mindset, which

collectively enhance mental well-being and resilience.

Is Tony Robbins' Life Mastery suitable for beginners in personal development?

Yes, the Life Mastery program is designed to be accessible for beginners as well as those with experience in personal development, providing foundational tools and advanced strategies for continuous growth.

What kind of results can one expect from completing Life Mastery by Tony Robbins?

Participants often report increased confidence, better emotional control, improved health, stronger relationships, and clearer financial goals, leading to a more balanced and fulfilling life.

How long is the Tony Robbins Life Mastery program?

The Life Mastery program typically spans several days when attended live, with various workshops and sessions that can also be accessed through online courses or coaching programs.

Does Tony Robbins offer any follow-up or support after completing Life Mastery?

Yes, Tony Robbins and his team provide ongoing support through coaching, community events, and supplementary materials to help participants maintain and build upon their progress.

Can Life Mastery by Tony Robbins help with professional success as well?

Absolutely, by improving emotional intelligence, goal setting, and communication skills, Life Mastery can positively impact professional growth and leadership abilities.

Where can I enroll in Tony Robbins' Life Mastery program?

You can enroll in the Life Mastery program through Tony Robbins' official website or authorized event platforms where the program is offered both live and online.

Additional Resources

Life Mastery Tony Robbins: An In-Depth Exploration of Transformational Coaching

life mastery tony robbins represents a cornerstone concept in the realm of personal development and transformational coaching. As one of the most recognized figures in self-improvement, Tony Robbins has shaped the landscape of motivational speaking and life coaching through his unique approach to

mastering the various dimensions of human potential. This article investigates the principles behind Robbins' life mastery framework, evaluates its effectiveness, and contextualizes its relevance in today's fast-paced world of personal growth.

The Philosophy Behind Life Mastery Tony Robbins

At its core, life mastery as taught by Tony Robbins revolves around achieving balance and excellence across multiple areas of life—emotional, physical, financial, and relational. Robbins advocates that true mastery comes not from excelling in a single domain, but from harmonizing these elements to create sustainable fulfillment.

His coaching methodology draws heavily on Neuro-Linguistic Programming (NLP), strategic intervention, and pragmatic psychology. By focusing on shifting limiting beliefs and rewiring mental patterns, Robbins' life mastery programs aim to empower individuals to break free from self-imposed constraints.

Unlike traditional coaching models that might focus on isolated goals, life mastery emphasizes holistic transformation. This approach is reflected in Robbins' signature events, such as "Unleash the Power Within" and "Date with Destiny," where participants are encouraged to confront deep psychological barriers while simultaneously cultivating practical strategies for success.

Core Components of Tony Robbins' Life Mastery System

Life mastery Tony Robbins is built on several foundational pillars, each designed to address a key aspect of human wellbeing:

- **Emotional Mastery:** Developing emotional resilience and mastering states of mind to respond rather than react to life's challenges.
- **Physical Vitality:** Enhancing health through nutrition, exercise, and recovery to increase energy and longevity.
- **Financial Freedom:** Cultivating smart financial habits and investment strategies to build wealth and security.
- **Relationship Excellence:** Strengthening communication skills and emotional intelligence to foster meaningful connections.
- **Spiritual Fulfillment:** Encouraging alignment with one's values and purpose to provide a deeper sense of meaning.

These categories are not siloed; rather, Robbins stresses their interdependence. For example, improved emotional mastery can lead to better decision-making in finances, while enhanced physical vitality often boosts overall confidence and productivity.

Evaluating the Effectiveness of Tony Robbins' Life Mastery Programs

The success stories associated with Tony Robbins are abundant and well-documented. Millions have attended his seminars or engaged with his coaching materials, reporting significant improvements in mindset, career trajectories, and personal relationships. However, a critical analysis reveals both strengths and limitations in his approach.

Strengths

- **Comprehensive Framework:** The holistic nature of life mastery ensures no aspect of personal growth is neglected, promoting balanced development.
- **Action-Oriented Techniques:** Robbins emphasizes practical exercises and immediate application, which can accelerate progress.
- **Motivational Intensity:** The high-energy environment of his events fosters a powerful emotional experience that can catalyze lasting change.
- **Customization:** While the core principles are universal, Robbins encourages individuals to tailor strategies to their unique circumstances.

Potential Drawbacks

- **Cost and Accessibility:** Participation in live events or coaching can be expensive, potentially limiting access for some individuals.
- **Intensity of Experience:** The emotionally charged atmosphere may not suit everyone, especially those who prefer a more subdued learning environment.
- **Lack of Scientific Rigor:** While many techniques are rooted in psychology, some critics argue that certain claims lack empirical validation.

Despite these considerations, the widespread popularity and sustained impact of life mastery Tony Robbins suggest that his approach resonates deeply with a large audience.

Comparisons with Other Personal Development

Models

To better understand the distinctiveness of life mastery Tony Robbins, it is useful to compare it with other prominent frameworks in the self-help industry.

Life Mastery vs. Mindfulness-Based Approaches

Mindfulness practices, popularized by figures like Jon Kabat-Zinn, emphasize present-moment awareness and acceptance without judgment. Robbins' life mastery, by contrast, is more goal-driven, aiming for proactive transformation rather than passive observation. While mindfulness focuses on internal peace, Robbins prioritizes external achievement alongside internal change.

Life Mastery vs. Cognitive Behavioral Therapy (CBT)

CBT is a clinical, evidence-based approach that targets dysfunctional thinking patterns to alleviate psychological distress. Life mastery Tony Robbins integrates some cognitive restructuring techniques but is less clinical and more motivational. Robbins' approach often appeals to individuals seeking rapid, high-impact change, whereas CBT is typically a gradual therapeutic process.

Life Mastery vs. Other Coaching Programs

Compared to other life coaching programs, Robbins stands out for his scale and influence. His multi-day seminars and multimedia content are more immersive than standard coaching sessions. Additionally, his integration of financial strategies alongside emotional and physical health distinguishes his life mastery model as more comprehensive.

Implementing Life Mastery Principles in Daily Life

Adopting life mastery Tony Robbins principles requires consistent effort and self-awareness. Here are some actionable steps inspired by his teachings:

1. **Set Clear, Compelling Goals:** Define what mastery means in your context and establish measurable objectives.
2. **Develop Morning Rituals:** Incorporate physical movement, meditation, or affirmations to start each day with purpose.
3. **Monitor Emotional States:** Practice recognizing and shifting negative emotions through breathing techniques or reframing.
4. **Invest in Relationships:** Allocate time to deepen connections and

communicate effectively.

5. **Educate Yourself Financially:** Learn about budgeting, investing, and wealth-building to secure financial independence.

While Robbins' seminars provide structured environments for these transformations, individuals can apply these principles independently with discipline and focus.

The Role of Technology in Enhancing Life Mastery

In the digital age, resources such as Tony Robbins' online courses, podcasts, and mobile apps extend the accessibility of life mastery teachings. These tools allow users to engage with coaching content on their own time and pace, bridging geographical and financial barriers to some extent.

Moreover, apps that track health metrics or financial portfolios can complement Robbins' holistic approach by providing real-time feedback and accountability. However, the lack of personal interaction in digital formats may reduce the motivational impact experienced during live events.

Life Mastery Tony Robbins in the Context of Modern Challenges

The contemporary landscape of work, wellness, and social connectivity poses unique challenges that underscore the importance of life mastery principles. Increasing stress levels, financial volatility, and social isolation make emotional resilience and balanced living more critical than ever.

Robbins' emphasis on mindset shifts and proactive habits aligns well with the need for adaptability in uncertain times. His framework encourages individuals to take ownership of their circumstances, fostering empowerment in an environment often marked by external unpredictability.

At the same time, the growth of remote work and virtual communities offers new platforms for life mastery teachings to reach wider audiences. The integration of technology and Robbins' coaching could evolve to meet these emerging needs more effectively.

In examining life mastery Tony Robbins, it becomes evident that his approach offers a multi-faceted blueprint for personal transformation. While not without limitations, his blend of motivational energy, practical strategies, and holistic focus continues to inspire millions seeking to elevate their lives in meaningful ways. Whether through live events, digital programs, or self-guided application, the principles of life mastery hold enduring appeal in the quest for sustained success and fulfillment.

Life Mastery Tony Robbins

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life mastery tony robbins: Diet for a New Life Anthology Mariana Bozesan, 2005-03

life mastery tony robbins: *Let's Go Anne Fish*, 2022-01-01 MY NAME IS ANNE FISH AND I AM THE MUM OF BENJYFISHY, A FORTNITE PLAYER WITH NRG ESPORTS. Benjy was thirteen when Fortnite Season 1 was released in 2017. Within only a few months of playing the game, Benjy had achieved his goal of surpassing his school friends. He took to playing Fortnite like a fish to water. He was a natural. He had found a game he was committed to and realised he had a chance of fulfilling a bigger goal: to become a professional esports player. This book follows Benjy's journey from the early days of his sporting ambitions to qualifying for the 2019 Fortnite World Cup. You'll find out about his duo partnership with MrSavage, and his decision to sign with the esports organisation NRG, as well as all our memories from the World Cup in New York and the various international LAN competitions we have been to since.

life mastery tony robbins: *Tony Robbins: 33 Life Mastery Lessons (Free Morning Routine and the RPM Method: a Summary)* Daniel Jackson, 2017-01-15 33 Life Mastery Lessons & Free Morning

Routine Prepare yourself for a motivational experience that will have you ready to start immediately. Simply reading this book will be enough to make you understand why you need to change and how to begin but that is not where your journey ends. This is only the first step. Every journey truly starts with that one step. Inside each of us is someone just waiting for the moment to break free of all that binds us. Tony Robbins shows you how to turn the key that opens the door to your future. His teachings and the unstoppable you philosophy he embraces are contagious. His energy alone will make you want to get up and do something, to take some sort of action. As you read through this short ebook, you will start to realize some of what you are missing out on and begin to question the methods you have been using to guide your life. You will ask yourself why you haven't done this before. You will come to see so much was inside you but you just never knew it was there. Your world will begin to change right before your eyes. Neighbors, friends, and family will see the new you. They will be inspired and want to learn your secrets. You will find new ways to achieve all you're your dreams. When you look back at your former self you will wonder how and why you wasted so much time uncovering the winner within. Tony Robbins hold seminars and has a team of experts in the fields of psychology and motivation to assist him in inspiring you to achieve all you want in your life. He coaches individuals on a one-on-one basis in addition to the seminars for thousands at once. No one person is too big or too small for Robbins. His clients have ranged from former US Presidents to business leaders to professional athletes. You need this book. Preview Of Things You Will Learn.... Who is Tony Robbins? Learn 33 of his most important life lessons Get and understanding of how to start your day with a ten-minute routine Learn the Tony Robbins RPM method Learn how to set life goals Learn how every day you can get one step closer to your life goals You too can do what they have done. You can be that guy or gal who has it together. The one who accomplishes all the tasks they intend to in a day or a week. You can set life goals and meet them if you learn the discipline Tony teaches and practice it every day. Make his rules part of your life, make it a way of life. Don't sit back any longer getting frustrated because you did not get enough done today. Don't wonder when your ship will come in, make it come in. You don't have to struggle with the never-ending pursuit of the next paycheck if you make your plan and stick to that plan. Take action now only \$2.99 to change your life!!

life mastery tony robbins: Mastering Yourself, How To Align Your Life With Your True Calling & Reach Your Full Potential Corey Wayne, 2018-02-15 Dear Friend, This book teaches you the hidden secrets of self-reliance so you can reach your full potential and accomplish your grandest goals and dreams. It will help you to discover your true purpose and calling in life. How to get any job or career you want. How you can get the upper hand in any personal or professional negotiation. The ultimate time management strategy that will help you maximize the use of your time, enable you to focus on your core competencies and reach your goals in the quickest most efficient way possible. It will teach you success and problem solving mindsets and skillsets that will enable you to overcome any obstacle, challenge or setback. The secrets to health, vitality and unlimited energy that keeps you free from common colds, flu and illnesses so you can enjoy your life with exceptional mental clarity, focus and efficiency

life mastery tony robbins: *THE TONY ROBBINS HANDBOOK (VOL 1)* PHILIP RENDADO, 2023-09-19 THE TONY ROBBINS HANDBOOK (VOL 1) - SUMMARIZED VIRAL CONTENTS & KEY TAKEAWAYS In the world of personal development, one name has risen above the rest to become synonymous with empowerment, transformation, and success: Tony Robbins. For decades, this towering figure of motivation and self-improvement has impacted countless lives, helping individuals from all walks of life tap into their true potential. His teachings, often delivered with electrifying energy and unmatched charisma, have reached far and wide, resonating across generations and continents. In this ebook we embark on a captivating journey through the summarized viral contents of this modern-day coach, exploring the profound impact he has had on the lives of thousands, if not millions, around the globe. Tony Robbins is not just a motivational speaker; he is a force of nature. With a career spanning over four decades, he has inspired individuals to shatter their limitations, redefine success, and create the lives they've always dreamed of. His viral content, shared through

books, seminars, TED Talks, and social media, has sparked a revolution in the realm of personal growth. From the moment you delve into the pages of this book, you'll discover the secrets behind Robbins' magnetic appeal and his unparalleled ability to ignite transformation in those he encounters. But THE TONY ROBBINS HANDBOOK (VOL 1), isn't just a compilation of Robbins' most powerful quotes and anecdotes. It's a comprehensive exploration of how his teachings have touched the hearts and minds of people worldwide. Through real-life stories, case studies, and testimonials, we will unveil the tangible impact of Tony's wisdom on individuals from diverse backgrounds, each on their unique journey toward personal and professional fulfillment. As we turn these pages, we'll uncover the strategies, principles, and philosophies that Tony Robbins has tirelessly championed. From mastering your psychology to achieving financial abundance, from cultivating unshakable confidence to fostering deep and meaningful relationships, Tony's teachings cover every facet of a fulfilling life. His viral content encapsulates the essence of these transformative ideas, making them accessible to anyone seeking to break free from their limitations and strive for greatness. Join us on this exhilarating expedition through the world of Tony Robbins and witness the stories of ordinary people who have achieved extraordinary results under his guidance. As we explore his viral content, you'll not only gain insights into his powerful methods but also come to understand the profound and lasting impact he has had on countless lives. Tony Robbins Unleashed is not just a book; it's a testament to the enduring influence of a man who has dedicated his life to helping others realize their true potential. Get ready to be inspired, motivated, and empowered as we embark on this transformative journey through the viral wisdom of Tony Robbins. For copyright matters or any other inquiries, please don't hesitate to contact us at creativeuncreatives@gmail.com. Your feedback and concerns are important to us, and we are committed to addressing them promptly. Thank you for your understanding and support.

life mastery tony robbins: *Diet for a New Life* Mariana Bozesan, 2004-10 Mariana Bozesan's ebook is published at <http://www.sageera.com>, as part of the Diet for a New Life weight loss program. Prices start at \$29.95 for the ebook and a one month free trial of the program. The e-book is endorsed by Dr. Deepak Chopra, Dr. Camran Nezhat, Dr. Riane Eisler, Dr. Fred Gallo, and many more.

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life mastery tony robbins: The 8 Steps: Your Business or Your Life - Getting All You Want Out of BOTH David Shepherd, 2012-04-22 Shepherd's celebrated less-is-more approach permanently links what's most profitable for your business with what's most pleasurable for you. Shepherd's 8 Steps have been road tested by thousands of small business owners with phenomenal results.

life mastery tony robbins: *The Power of Inner Choice* Mary E. Allen, 2005 This revolutionary 12-week course brings a new level of self-awareness that helps individuals realize their personal goals from the inside out. Using a combination of disciplines from aesthetic solutions to common sense, each lesson builds from the last so that individuals learn to apply and layer the skills they acquire each week to achieve a new understanding of their needs and to push beyond their personal boundaries. With written and experiential exercises that help establish an alignment of inner fulfillment with outer achievements, the results lead to an authentic self, resulting in greater

self-awareness, compassion, and love.

life mastery tony robbins: Build the Strength Within Deb Carlin, Deborah Carlin, 2014-09-14
Author presents her program of a series of self-assessment exercises and plans of action that individuals can follow to create a layout called Blueprint for a Successfully Intentional & Integrated Life™. This step-by-step process to map and build a master life plan is intended to help individuals maximize their experience to form the best life possible--

life mastery tony robbins: Surviving Suicide Reanne Goes, 2013-01-12
The purpose of me wishing to share my experiences on this journey of grief was to firstly outline some of the emotions and feelings you can go through after losing someone you love to suicide. All of these feelings of guilt, regret, abandonment, unworthiness, and insurmountable sadness are all just stages in the grieving process. It is important to share your story and still talk about the one who passed to keep them alive in your heart. This will make you feel closer to them and comfort you in your grief. You will also draw in people who will be able to support you through this grieving process who have had similar experiences. I also wanted this to be an insight into one young experienced mans life that lived his life to the full and lived balancing on a wire. It was the drugs in the end that took his life. He took drugs to hide the pain of his past and like most people who indulge to cover up his true feelings. The demons of his past were eating him up like a disease. Adam had a full life; he was intelligent and a streetwise, well-travelled loving man. However, it was depression that sent him into a spiral which ultimately led to his death. After Adam died, people would say to me things like, Did you see this coming? Were there any signs? I knew that there was something wrong, and his downward spiral happened way too quickly for me to have any control over the outcome. I could feel it taking over, and I did not know what to do. One minute, he was partying with friends, then the car accident, and then the downward spiral which led to his demise. Within a week, I watched him go through so many negative mixed emotions. He was anxious, incredibly distressed, crying, angry, and by the middle of the week, he transgressed into a very solemn, dark, and very quiet mood. I felt helpless to console him. Adam was the type of man who kept his troubles to himself. This obviously did not help. Depression is a very serious illness that can be so debilitating for the sufferer that they see no other way out but to end their lives. There are many contributing factors that can lead to depression, and unfortunately, over two million Australians suffer from this illness coupled with anxiety and sometimes alcohol and or drug abuse. Out of these sufferers, 10 per cent will take their own life every year. If people are abusing drugs and alcohol, there is a reason. The only reason these vices are abused is to mask pain and hide behind it. Statistically, men take their own life four times more than women. Men tend to suppress their true emotions when under stress and do not talk openly as much as women do about what is troubling them. It does not have to be this way, as fortunately now, there is more and more government support provided and groups that we can join to share our troubles and concerns. My message to anyone who reads this book is to be there for your friends and family. More importantly, be there for yourself so that we can all be strong and support each other in times of need. We all play an important role in someones life, and we should be there for each other. Be well, live, and love.

life mastery tony robbins: Keep Any Promise Karim H. Ismail, 2008-07-23
Remember thinking? 1. I just don't want to face each day... 2. There is something missing in my family relationships and I don't know how to fix it... 3. I just don't make enough money and I don't know what to do about it... 4. I would like to leave a legacy ...but how do I do it...I have never felt special... 5. I just can't keep a connection with God and I feel a bit lost... The answer to why your life is not working lies in how you define who...what...and why you are! So make the distinction who defines your life. You or the world around you! If you want the life you always knew you could have, then Keep Any Promise: a blueprint for designing your future is the path to recognizing the value of your life! It is your roadmap to choice! As you read Keep Any Promise: 1. You'll learn to redefine your definition of the word Life...and discover the myths that have held you back from fully experiencing your life. 2. You'll learn the secrets to delivering more value to your goals and objectives...and recognize that confidence is a natural part of living... 3. You'll discover how the word 'choice' can be

one of your most important tools that can bring you from being your 'worst enemy' to becoming your 'best friend'... 4. You'll find out how to uncover the masks that have kept the real you 'buried' and repeating the same old self defeating habits... 5. You'll experience chapter after chapter of time tested...practical techniques and the innovative strategies that have helped so many to overcome the challenges of living a fulfilling life... 6. You'll experience a combination of compelling stories and ground breaking insights that allow you to anticipate...to understand and work through any obstacle that has held you back... 7. You'll experience the step by step Keep any Promise System that will help you uncover your own uniqueness...your ability to express...to be heard and to be understood... 8. You'll experience firsthand how to navigate through the simplest to the most complicated challenges using the Keep any Promise System... As a special bonus, you'll be able to download a FREE workbook worth \$149 at no charge! So if you want to recognize the value of your life, order Keep Any Promise today and open the door to your future! From the Inside Flap Keeping promises often seem impossible. The solution: an easy-to-read, inspiring guide that assists you overcome your obstacles and design your future -- consciously, creatively, successfully. Learn about twelve ordinary-but-extraordinary individuals, including: The dynamic founder of the phenomenal Weekend To End Breast Cancer 60km walk. An 11-year-old, who in seven years has raised millions for charities and been honored as UNICEF Canada's National Child Ambassador, the youngest in the world. A former travelling salesman, who founded Sleeping Children Around The World, so a million impoverished children now sleep soundly each night. ...And many more inspiring people! From their stories, as well as the author's personal examples, you'll learn: How to align more closely with your life's purpose, and gain a clear focus. How to use progress in any area to embrace challenges, without fear of failure. How to achieve more -- faster, easier, and with a new sense of calm. How, in sharing your promises with the world, you'll attract resources for success. Praise for Keep Any Promise If you crave financial success, peace of mind and a balance life...this is a must-read! ~T. Harv Eker, Author of #1 NY Times Bestseller Secrets of the Millionaire Mind A highly compelling read -- with great exercises to stretch your mind. ~Dan Sullivan, Founder of the Strategic Coach A simple, straightforward prescription for attaining lofty life goals which avoids superficiality and unrealistically rosy proclamations...The author brings admirable clarity and brevity to the field. Readers rarely need to scan a sentence twice to discern his meaning, and a quick look at his life-changing exercises need not take more than a single sitting. ~Kirkus Discoveries, New York

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