

Notes from a Friend: A Quick and Simple Guide to Taking Charge of Your Life

By Tony Robbins



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NOTES FROM A FRIEND is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles that make Anthony Robbins an international leader in peak performance. Based on the concepts and stories in the bestselling AWAKEN THE GIANT WITHIN and UNLIMITED POWER, Anthony Robbins shows us how quick and simple it can be to take charge of your life. 'Vintage Tony Robbins...It distils the complexity of human potential movement into one single but powerful idea' JAMES REDFIELD, THE CELESTINE PROPHECY 'Tony's warmth, passion, and commitment will inspire you to truly master your life and touch others in the process' KENNETH BLANCHARD, PH.D., AUTHOR OF THE ONE MINUTE MANGER



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Review

Kenneth Blanchard Ph.D.co-author, "The One-Minute Manager"Tony's warmth, passion, and commitment will inspire you to truly master your life and touch others in the process.

About the Author

Tony Robbins is a bestselling author, entrepreneur, and philanthropist. For more than thirty-nine years, millions of people have enjoyed the warmth, humor, and the transformational power of Mr. Robbins's business and personal development events. He is the nation's #1 life and business strategist. He's called upon to consult and coach some of the world's finest athletes, entertainers, Fortune 500 CEOs, and even presidents of nations. Robbins is the chairman of a holding company comprised of more than a dozen businesses with combined sales exceeding five billion dollars a year. His philanthropic efforts helped provide more than 100 million meals in the last year alone. He lives in Palm Beach, Florida.

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