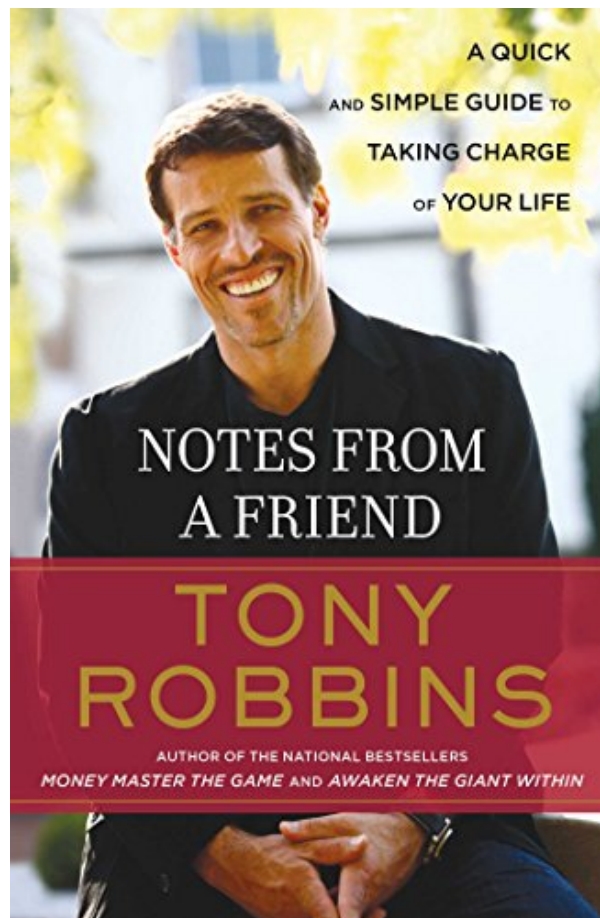
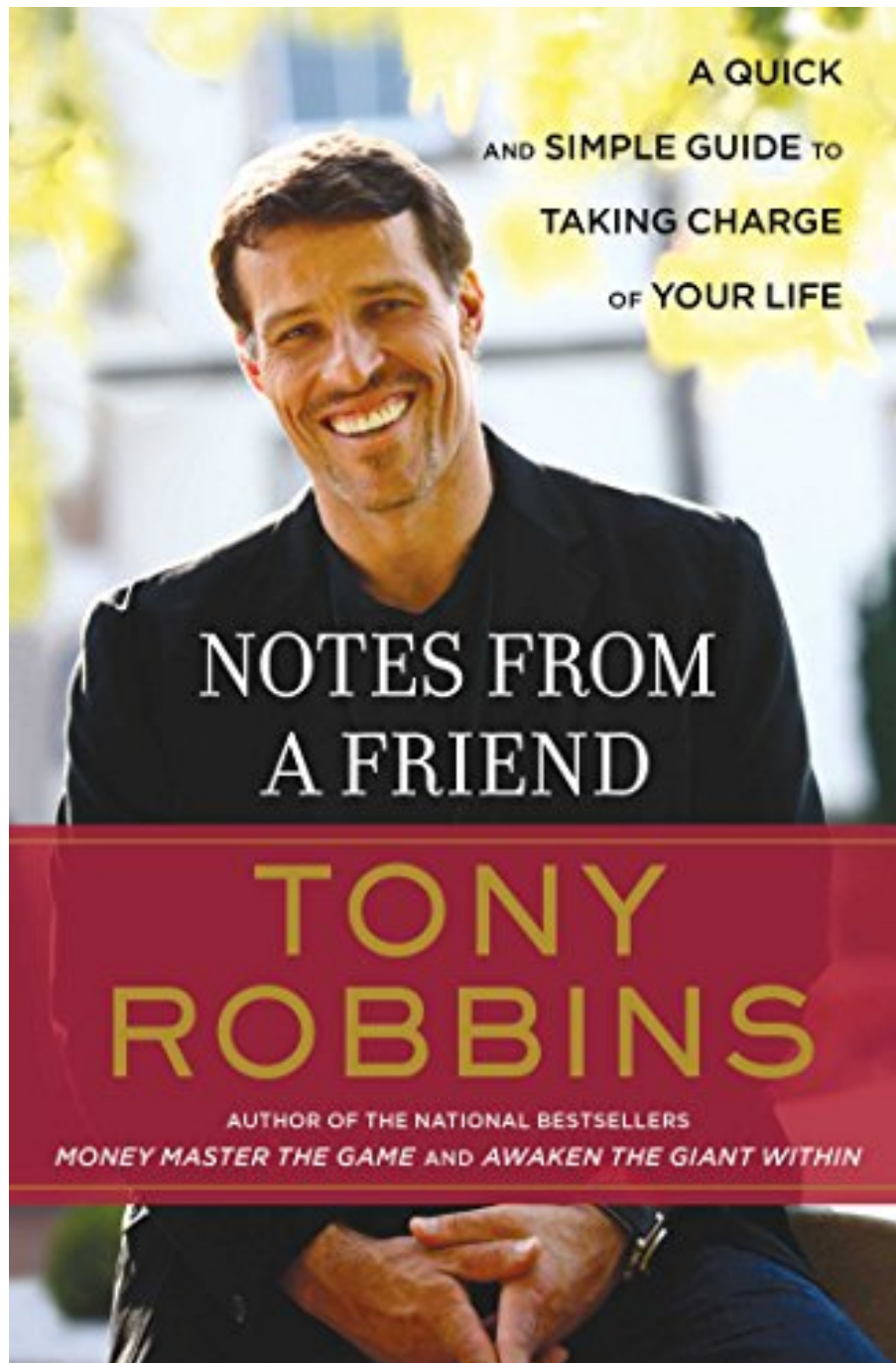


NOTES FROM A FRIEND: A QUICK AND SIMPLE GUIDE TO TAKING CHARGE OF YOUR LIFE BY ANTHONY ROBBINS



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Now updated with new material, Notes from a Friend is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles from Anthony Robbins, bestselling author and an international leader in peak performance.

Starting in 1991, a self-published version of this book has been handed out to thousands of people in need, as part of the Anthony Robbins Foundation's Thanksgiving "Basket Brigade." The book helped so many individuals overcome the most challenging circumstances that people repeatedly asked to purchase it for themselves and for their friends. Now, for the first time, it is available to you in this special, updated edition containing new material.

Buy this book and you change a life. Read this book and you'll change your own.

- Sales Rank: #11557 in Books
- Published on: 1995-08-01
- Released on: 1995-08-01
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .30" w x 5.50" l, .25 pounds
- Binding: Paperback
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I was pleasantly surprised!

By G

I've seen some of Tony Robbins' videos, and have read some of his books. I hadn't read this book and thought I'd give it a try, more out of disbelief in the title: Notes from a Friend "A Quick and Simple Guide to Taking Charge of Your Life." Being a counselor, I know that taking charge of your life isn't all that quick or easy. Also, I didn't need another huge book to read...I just didn't have the time. The book was a welcomed surprise. With its total 103 pages, it is a quick and easy read. In his true motivational style, Tony Robbins writes this book as more of a guide to help anyone take charge of their life. Each chapter is a "lesson" with the last lesson challenging the reader to participate in a ten-day mental challenge. The book was so easy to read, and with its very well written message, I ordered one as gift for my son. I would recommend this book to anyone looking to make a positive change in their life or someone else's life.

43 of 43 people found the following review helpful.

Buy this book now

By Sam

This book changed my life. I'm not a big Anthony Robbins fan. I used to be in corporate sales so I bought

this book looking for ideas to improve my sales. I didn't learn how to sell more or create wealth. Instead, I learned how to change my life and improve my perspective on things. If you are depressed or are unhappy with your life and you want to change, this book will help you do so. It teaches you how to break bad habits and inspire you to change. Any time, I'm in a bad mood or I feel helpless, I read this book and it completely motivates you and provides you with confidence. There are no gimmicks in this book. Tony Robbins doesn't really tell you anything you didn't already know. Rather, it's HOW he tells things. He uses real life examples and people we are familiar with like the guy who started Kentucky Fried Chicken and Honda autos so he is not just giving you motivation gibberish. His advice is based on his discussions with real people who achieved success in life. I'm in medicine today which is a completely different field but I still refer back to this book. It is a gem

0 of 0 people found the following review helpful.

Five Stars

By jam

Love this, one of my favorites from Tony!

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His first answer was, "Well, I have this chicken recipe everyone seems to love! What if I sold my chicken recipe to restaurants? Could I make money doing that?" Then he immediately thought, "That's ridiculous. Selling my recipe won't even pay the rent." And he got a new idea: "What if I not only sold them my recipe but also showed them how to cook the chicken properly? What if the chicken was so good that it increased their business? If more people came to see them and they made more chicken sales, maybe they would give me a percentage of those additional sales."

Many people have great ideas. But Colonel Sanders was different. He was a man who didn't just think of great things to do. He put them into action. He went and started knocking on doors, telling each restaurant owner his story: "I've got a great chicken recipe, and I think if you use it, it'll increase your sales. And I'd like to get a percentage of that increase."

Well, many people laughed in his face. They said, "Look, old man, get out of here. What are you wearing that stupid white suit for?" Did Colonel Sanders give up? Absolutely not. He had the # 1 key to success; I call it personal power. Personal power means being persistent in taking action: Every time you do something, you learn from it, and you find a way to do it better next time. Colonel Sanders certainly used his personal power! Instead of feeling bad about the last restaurant that had rejected his idea, he immediately started focusing on how to tell his story more effectively and get better results from the next restaurant.

How many times do you think Colonel Sanders heard no before getting the answer he wanted? He was refused 1,009 times before he heard his first yes. He spent two years driving across America in his old, beat-up car, sleeping in the back seat in his rumpled white suit, getting up each day eager to share his idea with someone new. Often, the only food he had was a quick bite of the samples he was preparing for prospective buyers. How many people do you think would have gone for 1,009 noes -- two years of noes! -- and kept on going? Very few. That's why there's only one Colonel Sanders. I think most people wouldn't get past twenty noes, much less a hundred or a thousand! Yet this is sometimes what it takes to succeed.

If you look at any of the most successful people in history, you will find this common thread: They would not be denied. They would not accept no. They would not allow anything to stop them from making their vision, their goal, a reality. Did you know that Walt Disney was turned down 302 times before he got financing for his dream of creating "The Happiest Place on Earth"? All the banks thought he was crazy. He wasn't crazy; he was a visionary and, more important, he was committed to making that vision a reality. Today, millions of people have shared in "the joy of Disney," a world like no other, a world launched by the decision of one man.

When I lived in my crummy little apartment, washing my dishes in the bathtub, I had to keep reminding myself of these kinds of stories. I had to keep reminding myself that NO PROBLEM IS PERMANENT. NO PROBLEM AFFECTS MY ENTIRE LIFE. THIS TOO SHALL PASS IF I CONTINUE TO TAKE MASSIVE, POSITIVE, CONSTRUCTIVE ACTION. I kept thinking, "Even though my life looks terrible right now, there are many things to be thankful for, like the two friends I have, or the fact that I have all my senses, or that I can breathe fresh air." I constantly reminded myself to focus on what I wanted, to focus on solutions instead of problems. And I remembered that no problem affects my entire life, even though it may look like it right now.

So I decided I would no longer believe that my whole life was screwed up simply because I had financial

difficulties or emotional frustrations. I decided that there was nothing wrong with me, but that I was simply in "lag time." In other words, I knew that if I were to continue nurturing the seeds I had planted -- continue doing the right things -- I would make it out of this winter of my life and into spring, when I would reap the rewards of years of seemingly fruitless efforts. I also decided that doing exactly the same things over and over again and expecting a different result was insane. I had to try something new, and I had to keep on until I found the answers I needed.

My message to you is simple, and in your heart you know it's true: Massive, consistent action with pure persistence and a sense of flexibility in pursuing your goals will ultimately give you what you want, but you must abandon any sense that there is no solution. You must focus immediately on the actions you can take today, even if they are small ones.

This makes sense, doesn't it? So why don't more people follow the advice of the Nike ad and just do it? The answer is that they've been shut down by fear of failure. But I've discovered something wonderful about failure....

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