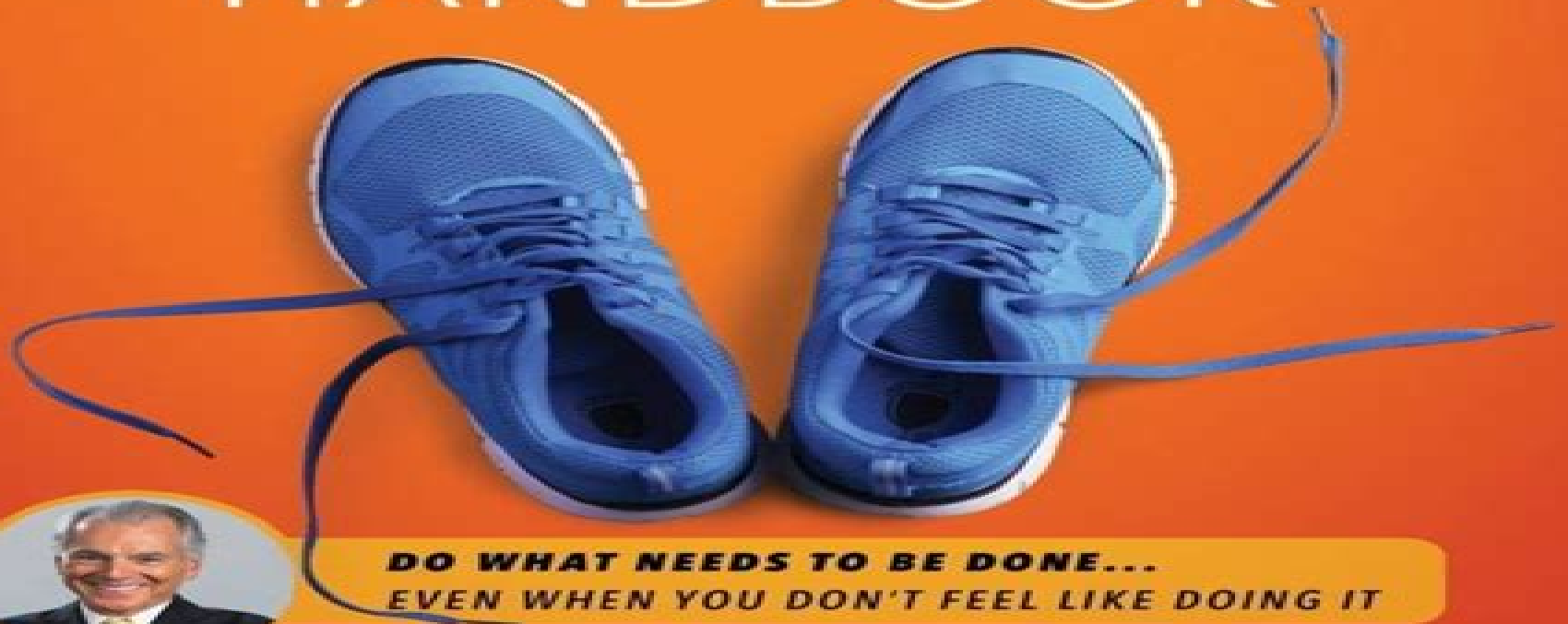


THE SELF MOTIVATION HANDBOOK



**DO WHAT NEEDS TO BE DONE...
EVEN WHEN YOU DON'T FEEL LIKE DOING IT**

JIM CATHCART

Author of the international bestseller: *The Acorn Principle*

The Motivation Handbook

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