

# #endurance Tweet Book01: A Little Nudge To Keep You Going - Jarie Bolander

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Virtually everybody, no matter how self-assured, internally motivated, or confident, hits a few rough patches in life. We all know that when we hit a rough spot we could do with a little extra nudge. That nudge may come from family, a caring co-worker, or a special friend. But equally likely, the prod or push can come from reading an inspiring, empathetic book that shows you how to find your way again. Author Jarie Bolander's #ENDURANCE tweet is just that kind of book. Jarie wrote it for all of us for when we need a little nudge to keep reaching our goals. Most of us do not look for a book that helps us set our goals--we already have those in mind. What we look for is help getting over the hump; overcoming the inertia that sets in and keeps us from taking the first step and making it all the way towards our goals. Jarie knows first-hand about the struggle to get going and keep going. With the true passion and grit of an endurance athlete, he has completed more than a dozen triathlons. He knows that the key to achievement is to "out-endure" everybody else. Jarie firmly believes that most of us can, with the right mindset and determination, pull through with winning colors. #ENDURANCE tweet shows the way. With bite-sized wisdom that we can immediately implement, Jarie walks us through breaking down the initial barriers, determining and then pushing our limits, performing at a high level throughout, pushing extra hard as we draw close to the finish line and even, if required, picking ourselves up and starting all over again. #ENDURANCE tweet inspires its readers to endure through their challenges and succeed. Jarie helps us realize that the secret to success is to endure until you can't endure anymore. This wonderful new book teaches readers to be motivated to fix firmly on their goals and build the confidence to achieve them. #ENDURANCE tweet is part of the THiNKaha series whose slim and handy books contain 140 well-thought-out quotations (tweets/ahas). Author: Bolander, Jarie Publisher: THINKaha Illustration: N Language: ENG Title: #ENDURANCE tweet Book01: A Little Nudge to Keep You Going Pages: 00000 (Encrypted PDF) On Sale: 2012-10-05 SKU-13/ISBN: 9781616991043 Category: Business & Economics : Motivational Category: Self-Help : Personal Growth - Self-Esteem Category: Self-Help : Personal Growth - Success

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