

THE MOTIVATION HACKER

Andrea Rotan

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Maneesh's Book Notes: "The Motivation Hacker" By Nick Winter
The Motivation Hacker. I wrote this book in three months while simultaneously attempting seventeen other missions, including running a startup.

motivation hacker - Corey Breier

The Motivation Hacker has ratings and 73 reviews. Julian said.

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Related books: [Watch The Shadows: The Legacy Chronicles Book 1](#), [Under the Influence: A Guide to the Myths and Realities of Alcoholism](#), [Business Communication: Basic Concepts and Skills](#), [Hüte dich vor deinem Nächsten: Thriller \(German Edition\)](#), [Processing XML documents with Oracle JDeveloper 11g](#), [Ways to Learning to Count with Mr. Pear](#), [Representations of Compact Lie Groups \(Graduate Texts in Mathematics\)](#).

Nick Winter may be ridiculously smart and charming, for all I know, but he at least gives the impression of The Motivation Hacker approachable. There was a good amount of insight that I hadn't seen before, and I've read and thought quite a bit about this stuff.

Make external reminders of your goals visible, and actually look at them. And since I will definitely get this book. Designing Motivation Structure - Design a Success Spiral - Focus on input based process goals write for 5 minutes instead of output based 1 page of writing - Use Beeminder to track process goals. Nick's an awesome guy. But that's what makes this book inspiring--the idea that a regular guy can accomplish so much with the right system, an enthusiasm for life, and unwavering discipline. I find that hyper-detailed "how to" format extremely helpful in a book that hopes to actually change my behavior.