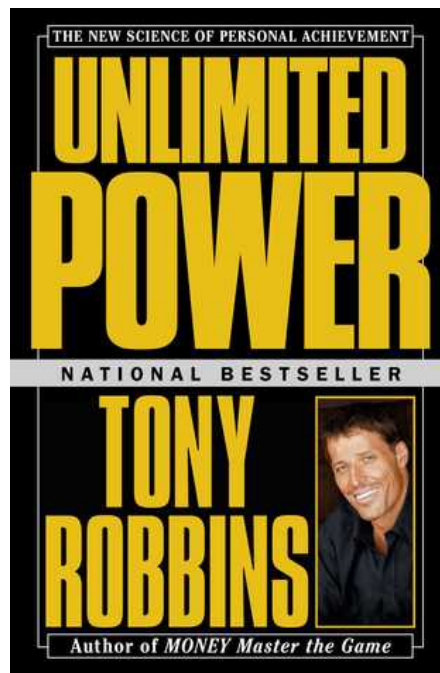




Unlimited Power: The New Science Of Personal Achievement

Anthony Robbins , Kenneth H. Blanchard (Foreword by) , Jason Winters (Introduction)

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Unlimited Power: The New Science Of Personal Achievement Details

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From Reader Review Unlimited Power: The New Science Of Personal Achievement for online ebook

Gabriela says

This is an unpretentious guide into the power of the mind and how anyone can tap into this power to overcome challenges and achieve success. The insights extrapolated here are aimed at elevating your quality of life in all areas including finances, health, career, leadership and relationship.

Admittedly, the book is quite long for a self-help guide but it offers some exciting and inspirational strategies for success in an increasingly competitive and seemingly overwhelming world. I find that it perfectly complements Robbins' first book 'Awaken the Giant Inside'. He does an exceptional job of laying it all down in a step-by-step approach that anyone can follow. However, I have to say that to see the results of what he is recommending you have to practice what you read. It will not work if you simply read and do nothing about it.

This read is recommended to anyone who is serious about understanding the concept of mind over matter and how to tap into it.

Douglas says

This book is excellent... The first 400 pages are tips and concepts he covers in more detail in his seminars. But the last 20 pages of this book are so heartfelt and so moving... goodness... you have to read the book.

I can't say enough good things about a man I barely know. My father is the greatest man that ever lived to me and everyday, I strive to become someone like him. The only other person that has made a material difference on the way I live my life is Tony Robbins. If you want answers... love, living with purpose, money, health... you gotta check out his seminar. Its the best money I have ever spent.

Createpei says

Disappointingly short but an amazing listen.

This audiobook highlights many of Anthony Robbins points from his book Unlimited Power. Very few speakers can beat Tony's enthusiasm and larger than life charisma.

Highly recommend it - downloaded from itunes for \$10 and have it installed on my ipod for listening again and again! Well worth \$10!

Thank you Tony for how much you have helped to inspire several generations of readers and listeners to think outside the box and not to simply not accept mediocrity in their lives.

Shorouk says

Ughhh I hated the first half of the book!

I read this book because it was given to me by my uncle & he really wanted me to read it.

I felt like he repeats things a little too much & that the book could have been shorter. The second half is pretty exciting! Stuff that you can apply. I love that he made sure to explain that the stuff he's talking about makes sense.

If you're into NLP, you'll probably enjoy this.

Masar Ali says

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Javier says

I started reading *Unlimited Power: The Science Of Personal Achievement* because I wanted to know something about NLP. I'm not sure if I've fulfilled or not this purpose and I'm not sure if this book has been about it.

Yes, the book claims to be about NLP techniques that will make you a good communicator (not only when communication is established with other people, but also when you're communicating to yourself). However, the feeling I have is that the book attempts to be a "life-fixer"; it encourages the reader to change his/her life. Although I'm OK with the idea, I find some of the means quite absurd and insufficient.

Let's start with those parts I like the most. I like the idea of "*modelling*". "*Modelling*" is about eliciting the strategies of someone who achieves very effectively the results you desire. For example, let's assume you're doing poorly at college. A modelling strategy would be to find the student with the best results and copy his/her tactics. The way in which modelling is carried out is explained in greater detail and it involves a little more sophistication than I'm writing here, but that's the main idea. I love how modelling encourages the modeller to be more observant. It's a call to awareness and it focuses on the solution of the problem rather than the causes.

Actually, I like a bunch of other things. I was pleased to learn about two different ways of being motivated. I can be motivated to move towards an objective or away from some sort of situation. I liked the difference between pro-activity and reactivity.

I'm not sure what should I think about other techniques such as *anchoring*, which is about installing physical triggers to direct someone into a specific inner state. At least to a certain level, it sounds like hypnosis.

Now, the part that really put me into an incredibly angry and negative state (in Anthony Robbins' terminology): the chapter in which the book deals with nutrition. I find this chapter one of the most incongruence vortices I read in the last few years. Time to quote. Tony is talking about a time in which he was fat and he wanted to get thinner.

The nutritional field was so contradictory and confusing, however, I didn't know what to do at first. I'd read one book, and it would say do this and this and this and you'll live forever. So I'd get all excited - until I got to the next book, which said if you did all those things, you'd die, so do this and that and this. Of course, as soon as I read the third book, it also contradicted the first two.

I don't blame Robbins for this. Nevertheless, in his own book he dares to contradict whatever is known about nutrition (and whatever he himself read in book 1, 2 and 3) with more instructions about what you should do to enjoy great health. Many of those instructions are quite bold and presumptuous. I won't go through them all, but I'll expose some of the most preposterous.

Eat less, live more.

The book develops more on that. It shows some lousy statistics which provide incomplete data about some tests on animals (it abruptly assumes the results must be the same in humans although it hasn't been experimented yet). Seriously, I was almost expecting the quote "eat nothing, live forever" coming. I don't have solid data of people affected with anorexia and their quality of life, but I'm sure that's not how I want to live.

If you look to nature and you see the biggest and most powerful animals you'll discover they're

herbivores. Gorillas, elephants, rhinoceroses, and so on all eat only water-rich foods. Herbivores live longer than carnivores. Think of a vulture. Why do you think it looks that way? It doesn't eat water-rich foods. If you eat something that's dried and dead, guess what you're going to look like?

As you can see, Robbins is promoting vegetarianism. His arguments aren't very solid though. If I would think of a powerful animal I would think of an eagle, a crocodile or a shark (all of them carnivores). Try asking your friend to think of a powerful animal in freedom moving through his environment with great ease and security. I did this experiment once and most of the people answered a member of the subfamily Pantherinae (lion, tiger, panther...). Can't I look like a tiger then? I think a tiger looks very good... Also, the statement that "herbivores live longer than carnivores" is quite imprecise. The corrected sentence is: "some herbivores live longer than some carnivores".

Setting nutrition aside, there is also something that I consider very pretentious: self-quoting. Through the book the reader finds many quotes from great philosophers, politicians, scientists... and Anthony Robbins. It's quite weird to read a book of Anthony Robbins and read a blockquote signed by himself. It sounds arrogant and it repels me.

Finally, I think success in life doesn't come as the aftermath of executing a batch of techniques one after the other. Those techniques might prove useful, I won't deny it; I'm planning to test some of them. However, this book misses the point. The key to succeed in whatever enterprise you may think of is effort. In the case of the student I mentioned as an example at the beginning of the review, he could elicit very well all of the steps his model takes to be a good student, but if he really wants to see an improvement in his marks, the first thing he has to consider is if he's willing to make the sacrifices required. He might have the feeling that he needs more time spent on studying. Perhaps he needs to cut down TV time or play less to video games. Good results require sacrifices. The question is, is he willing to pay the price?

Mohamad Dahrouj says

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[illegible]

But don't let being new stop you. With dedication and consistent action you can pick this book up and have everything you need to make instant changes in your life assuming you follow through.

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Mariam Elsayem says

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Pamela Wells says

An oldie but goodie. This is a good starter book for people seeking to improve themselves and their life situation. Anthony Robbins is a wonderful motivator and the undisputed master of personal achievement. He will pump you up and get you going on YOUR path! If you want something more complicated, study "Neuro-linguistic Programming". Robbin's uses NLP as the foundation for his own success.

I have read all of Anthony Robbins' books and this book was foundational in getting me motivated to write a dream list 12 years ago. In that time I have achieved all of my goals except for traveling around the world. Fortunately, I still have plenty of time left for that. As a result, I would highly recommend this book.

Jason Navallo says

Great book! I've been a fan of Tony for years. This is one of those timeless books that never fails to inspire!
