



## **Giant Steps: Small Changes to Make a Big Difference**

*Anthony Robbins*

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## **WHAT GOOD IS INSPIRATION IF IT'S NOT BACKED UP BY ACTION?**

Based on the finest tools, techniques, principles, and strategies offered in *Awaken the Giant Within*, bestselling author and peak performance consultant Anthony Robbins offers daily inspiration and small actions -- exercises -- that will compel you to take giant steps forward in the quality of your life.

From the simple power of decision-making to the more specific tools that can redefine the quality of your relationships, finances, health, and emotions, Robbins shows you how to get maximum results with minimum investment of time.

## **Giant Steps: Small Changes to Make a Big Difference Details**

Date : Published February 1st 2003 by Simon Schuster Audio (first published 1994)

ISBN : 9780743529013

Author : Anthony Robbins

Format : Audio CD 0 pages

Genre : Self Help, Personal Development, Psychology, Nonfiction, Business, Audiobook



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## From Reader Review Giant Steps: Small Changes to Make a Big Difference for online ebook

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## Ken Lenoir says

Really outstanding book! This makes all of Tony's teachings very easy to understand, consume, and apply.

it's personal development gold. Two of the best things I've learned is so far is:

- have a "what I'm procrastinating on" list and for each of the items determine, " what are the consequences of not doing?" (or worst possible consequences to kick it up a notch)
- after you write your goals, determine, "why I'm absolutely committed to making it happen/achieving it"

there's a ton more "tools" to apply that are or should be common sense like diligently asking, "what have I learned from my mistakes?" and much more.

I'll update more after I finish reading and start consistently applying the tools. this is a seminal personal development book that has the potential to change people's lives in a major way if they apply the things within

## Golden Flower says

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### **Gabe Wood says**

It was cool. Very upbeat. Lots of good one liners- not very application based though

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### **Shimaa Mokhtar says**

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### **S'hi says**

Giant Steps is a strange combination of ideas and action steps set out as a daily reader format. Some days seem hardly worth wasting a page on. Yet in the overall flow of the text they are very useful. As with anything from Anthony Robbins, the real challenge here is how to make the daily habit your own habit, and not someone else's prescription.

What this book actually achieves is the paring down of all the examples he gives in his other books to make the exercises familiar to people. The attitude is one of being set for action. But rather than set out actions each day, the failure to set them out grabs hold of that part of you that wants to take action to do something with what he provides anyway.

I can imagine most people would still take a book like this and just read it through in a couple of sittings. Resist! The actions which are presented are such that they make it hard to skim over in this way. The format does force you to slow down and just consider the present questions. It gives you the space to see that they are enough for one day. They help create the space around you to give those questions room to grow and shape themselves to your own specific needs.

But then a couple of days later there is the sense of "what do I do with this?"

It is a formula which actually makes you set your own actions in place as well as using Tony's lead. He gives examples and then he backs off enough for you to turn them into what you need for yourself.

Not what I expected when I looked at a daily lesson format, but definitely more effective for self-mastery for those willing to take the Giant Steps a little at a time to get there.

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### **Bookish Enchantment (Katherine Quirke) says**

This book is a fantastic daily reminder of how you can control your own life.

In times when I feel that I am losing the plot I carry this with me daily and read the short and concise jolters. I am reminded that I can control how I feel and how my life progresses.

Anthony Robbins has produced a very meaningful and important tool to assist you with your journey of life. Buy it and use it to assist you in taking your life to where you want to go.

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### **Max Kramer says**

Qu'est-ce qu'un morceau de merde!

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### **Sean says**

Read this many years ago. From what I remember it was a huge book. But it was based around a simple concept that I was able to internalize. I used that concept to positively change my life over time.

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### **Mohammad Zolfaghari says**

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### **Ehsan says**

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### **Travis says**

This is a different book than Anthony Robbins' other books, like MONEY Master the Game: 7 Simple Steps to Financial Freedom or even Unlimited Power. Giant Steps: Small Changes to Make a Big Difference is meant as a daily activity and thought guide. Tony offers an insightful tip on how to incrementally improve your life. As such, it doesn't really work to read the whole thing through and it really doesn't work well as an audio book. It would have helped if each "day" was a separate track on the CD, but they are grouped together somewhat haphazardly (not just however they would be grouped in the book).

I felt like I totally missed a lot of the advice simply because it was so easy to fade in and out of listening intently. Tony doesn't make use of full presentation skills, but I'm also used to listening to his seminars rather

his audio books.

## Mark Powell says

This is for people that actually have "a plan" and want to shape their lives instead of just being tossed around by life and hoping for the best. I spent a long time going through this really small book. I use to have goals each year, more elaborate than most. Now I have Values Awareness, End Values, the states I most desire like: Vision, Hope, Friendship, Romantic Love, Appreciation, Direction, Contentment, Desire, Creative Freedom, Relational Safety. Look up the word "Contentment" and comments on Wikipedia. That's one of these I wrote recently

## Dalal Darwish says

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## **Heroine OOO says**

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