

Customer Reviews

<https://www.amazon.com/Motivated-Mind-Complete-Personal-Change/dp/0971473323>

— 3

4.3 out of 5 stars

5 star	33%
4 star	67%
3 star	0%
2 star	0%
1 star	0%

[See all 3 customer reviews](#)

Share your thoughts with other customers

[Write a customer review](#)

Top Customer Reviews

By [Creative Project](#) on March 27, 2009

Format: Paperback

For people who are already motivated, I find this book to be really helpful in that it better enables one to channel more productively one's motivation. As I am already quite a motivated person, I can't say exactly how it would benefit someone who lacks motivation, but certainly worthwhile to give it a go. It also contains aspects of American self help books that I don't care for (the life you've always dreamed of, etc.). I'm not all that convinced of that sort of thing, but back to what I wrote at the beginning... it's helping me to be much more discerning of how I use my motivation.

[Comment](#) 8 people found this helpful. Was this review helpful to you? [Yes](#)[No](#) [Report abuse](#)

By [Moohigh](#) on April 1, 2011

Format: Paperback Verified Purchase

Much of what is written in this book is common knowledge but it's stuff we don't know we know. Maybe because his suggestions are so simple and effective.

[Comment](#) 2 people found this helpful. Was this review helpful to you? [Yes](#)[No](#) [Report abuse](#)

By [josiel mojica](#) on August 17, 2015

Format: Paperback

I can't believe there aren't many reviews on this book. It takes common knowledge and slaps you across the face with it. You can argue very little with this mans logic on motivation. I bought this book at a thrift store thinking to myself, "I might read it one day" about 11 months later, I hit a low place I've been to before. This time I felt way worse. Dropping out of college after a year to work seemed ok at the time. I make alright money. The issue became clear more recently when I opened my eyes to my reality. I work 12hrs a day 6 or 7 days a week. I stopped working out because I was too tired all the time. All I thought about was how little sleep I got if I went to the gym. Everything suddenly came to a halt & I knew that my life would be this way forever. I picked up this book and read it in 3 days. I've enrolled back into school

and go to the gym daily after work. The sleep I loose is the last thing I think about now. This book will make you see your reality for what it is. I can't seem to read another book that does.