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Feynman Technique in an Infinite Loop:
"The Motivation Myth: How High
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Win" by Jeff Haden Boredom is supposed
to unlock creativity, but I believe this to be

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a popular myth. All of my experience with boredom - such as sitting for long periods of time on an airplane - suggests that it is intensely draining, tiring, and causes me to experience an energy hangover sometimes for a whole day afterwards.

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The Motivation Myth: How High Achievers Really Set Themselves Up to Win. Author: Jeff Haden. Genre: Self Help. First Take: Common sense and a great read. When did I read it? Mid 2018. Details: Well, we have all read about the sports star or music icon who is touted as an overnight sensation.

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great things its comforting to imagine that
superstars in their fields were just born
better

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Achievers Really Set...

Researchers have actually found that setting high specific and difficult goals are more likely to inspire motivation, performance, and achievement. 7 □ The next time you are making a goal, choose something specific and set the bar high. You Should Praise Talent Instead of Efforts

10 Motivation Myths That Keep You From Reaching Goals

Jeff Haden. I spoke to Jeff Haden, author of *The Motivation Myth: How High Achievers Really Set Themselves Up to Win*, about why he wrote the book, what surprise him from his research, how to create a process around motivation, examples from top leaders he interviewed, how to stay motivated despite setbacks, and his best career advice.

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Jeff Haden: The Truth About What
Motivates Us | HuffPost

The Motivation Myth by Jeff Haden
(Book Summary) By Olivier Poirier-

Leroy. The Motivation Myth, How High Achievers Really Set Themselves Up to Win is a necessary read for athletes, coaches, gym-goers, and anyone else who battles with staying motivated and consistent with their goals. Written in a conversational, accessible tone, Jeff Haden's book deconstructs the idea that we need to feel 100% motivated 100% of the time when it comes to our goals.

The Motivation Myth by Jeff Haden
(Book Summary)

His name is Jeff Haden. His latest book is "The Motivation Myth: How High Achievers Really Set Themselves up to Win." Today on the show, Jeff explains what the motivation myth is and why it's

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so alluring. We then discuss the real secret of lasting motivation and no, it's not reading motivational quotes or listening to motivational speakers.

Podcast #367: The Motivation Myth - The Art of Manliness

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The Motivation Myth: How High Achievers Really Set Themselves Up to Win Jeff Haden From Inc.com's most popular columnist, a counterintuitive--but highly practical--guide to finding and maintaining the motivation to achieve great things.

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"Motivation" as we know it is a myth. Motivation isn't the special sauce that we require at the beginning of any major change. In fact, motivation is a result of process, not a cause. Understanding this will change the way you approach any obstacle or big goal. Haden shows us how to reframe our thinking about the relationship of motivation to ...

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