



# Instant Motivation: The surprising truth behind what really drives top performance

*Chantal Burns*

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This book will change how you think about what drives you to succeed. Groundbreaking new research reveals how your state of mind holds the key to your motivation, success and happiness.

Compelling evidence combined with inspiring stories and insights will unlock a powerful new mindset that will instantly boost your performance and open your eyes to what it really takes to excel.

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