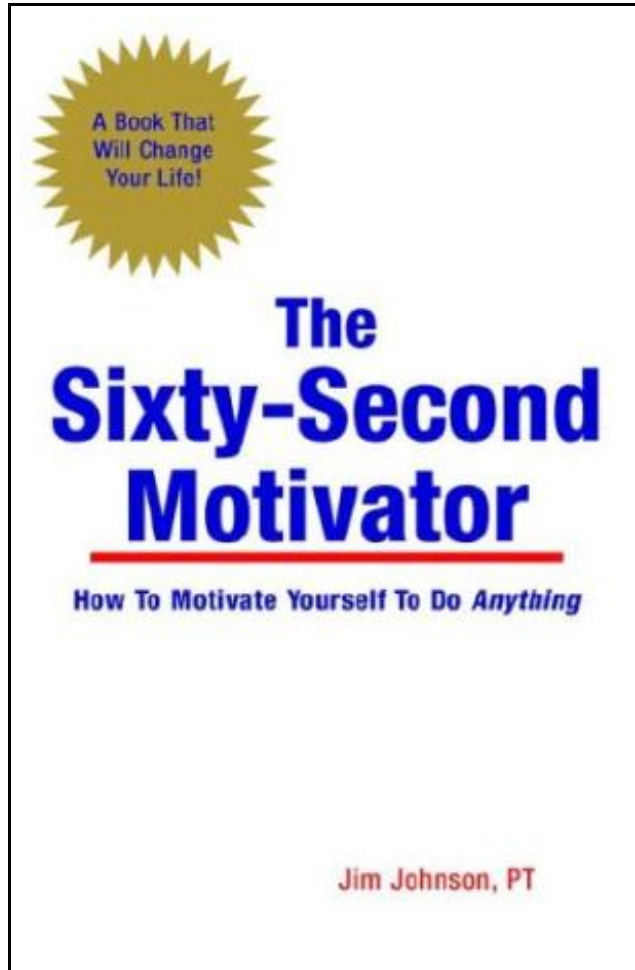


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Dog Ear Publishing, United States, 2006. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever had trouble sticking to a diet? Regularly exercising? How about difficulty saving more money and spending less? These are exactly the kind of everyday problems that The Sixty Second Motivator is designed to tackle. Using a short story to demonstrate its research-tested principles, you will quickly discover the two secrets of building human motivation, and learn precisely how to apply them to your own particular problems. Written in simple language, The Sixty Second Motivator is a brief, easy-to-read book that rapidly gives you the tools you need to motivate yourself to do just about anything. And best of all, it s practical, it s based on research, and it works. Jim Johnson, P.T., is a physical therapist who has spent over fourteen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials, including The Multifidus Back Pain Solution, Treat Your Own Knees, and The No-Beach, No Zone, No-Nonsense Weight Loss Plan: A Pocket Guide to What Works. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a large teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.



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