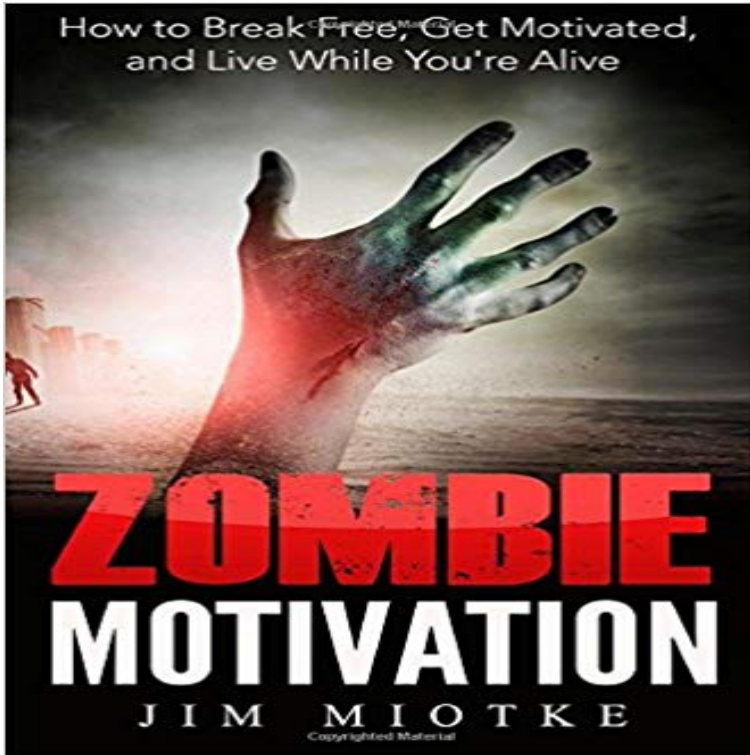


Zombie Motivation: How to Break Free, Get Motivated, and Live While You're Alive



Feeling half-alive, stuck in frustration, in any area of your life? Do you feel like you're just dragging along in life going through the motions toward your next paycheck, snack, or uninspired birthday? Have you been unable to produce the income, relationships, or body you know you deserve? Great news! Today is the beginning of the end of your zombie non-life. With this fun guidebook by your side, you can regain a heartbeat, break through the disease of inertia, and begin to really live again. In this book, best selling author Jim Miotke guides you to a new understanding of yourself and your dreams.

You'll gain simple step-by-step methods for overcoming that lazy zombie within and breaking free of the resistance that has been holding you back. With a light-hearted sense of humor, your guide will show you the way to your own light-hearted take on life. You'll read inspiring accounts of other mindful, magnificent and now free ex-zombies. Through easy and exciting assignments, you'll quickly gain the self-awareness you need to become cured of the mental ailment that has been holding you back from your greatest achievements, success and fulfillment. No longer settle for a dull day-to-day existence - a faint pulse - when you can feel fully engaged in your every waking moment. Stop walking around like the living dead. We have all had a bit of zombie in us. The time to rejoin the land of the living is NOW! In this guidebook, you'll learn:

- * How to use the 5-Step Feeling Forge to create any desired feeling within seconds.
- * What type of zombie you've been and how this self-knowledge can greatly accelerate your progress.
- * How to wire in new habits to give you lasting motivation and inspiration.
- * The easy way to say goodbye - once and for all - to feeling unmotivated.
- * How to actually put into practice all that you've learned about health, fitness, better

relationships, and more passionate work. *
How to start living while you're alive...
today! Now is the time to conquer the
zombie within... all it takes is a few simple
steps in the right direction.

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