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Anthony Jay Robbins (born Anthony J. Mahavoric; February 29, 1960) is an American author, coach, motivational speaker, and philanthropist. Robbins is known for his infomercials, seminars, and self-help books including the books Unlimited Power (published in 1987) and Awaken the Giant Within (published in 1993). His seminars are organized through Robbins Research International.

Tony Robbins - Wikipedia

time and energy - you'll soon find yourself living in reaction to the world's demands instead of living a life plan you've designed for yourself. Focus and plan so that you put YOU first! 1. Fear All human beings have a need to avoid pain. It's a survival instinct. When we believe something might lead to pain, we focus on it.

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