



Energize: Ignite Passion and Performance with User Friendly Brain Tools (Positive Change by Retraining the Brain)

Bob Faw

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Energize yourself. Energize others. Inspire change.

Positive change is now more than just a feel-good concept. It's a process of transformation that uses decades of scientific research to increase confidence, calm fears, energize passion, and motivate others. Bob Faw's book is the workplace culture guide that team leaders and managers have been looking for. It's a tool backed by leadership development and brain science that has been lacking until now. Bob has already taught thousands of people around the world how to ignite passion for goals, involve people in meaningful ways, and inspire action for change. This book will help energize the way you think--and then help you take the steps to enact change.

Bob is a dynamic speaker and consultant who inspires solutions with his clients, ranging from the Planet Fitness National Convention to MIT and the Red Cross. He works with organizations to set a foundation for positive change with lasting performance.

"This book has truly hit on a topic that is so critical and timely to organizational health and leadership success. Bob Faw has taken very technical scientific concepts and described them in such practical terms." -- Debbie Sampson, Sr. Director, Talent Management and Organizational Development, John Hopkins University

Energize: Ignite Passion and Performance with User Friendly Brain Tools (Positive Change by Retraining the Brain) Details

Date : Published January 12th 2014 by Aloha Publishing (first published May 16th 2013)

ISBN :

Author : Bob Faw

Format : Kindle Edition 117 pages

Genre : Self Help, Nonfiction, Business, Amazon, Psychology

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From Reader Review Energize: Ignite Passion and Performance with User Friendly Brain Tools (Positive Change by Retraining the Brain) for online ebook

Laura says

Simply Positive

Energize is a fast read with some good ideas. It is written very simply, and while it is well researched, as the hefty bibliography at the end suggests it is unclear who the audience is supposed to be. It is simplified to the point where there is little attempt to include the science, and while the pictures are cute they don't add robustness to the pitch. It is written like a children's book, but the content would not be of interest to children, and some of the story examples border on pandering. It lacks the depth I would need to take it seriously, but it has some good points. It sort of parallels cognitive behavioral therapy, looking at distorted thoughts, in this case calling them inner movies and suggesting ways to fight back and stay positive. If you are looking for a very simple guidebook on how to adjust your thoughts toward happiness and confidence this could be a viable starting point.

Erin says

This book lives up to its title! As you read it, you feel as though you are sitting in one of the author's seminars. The book is interactive and colorful.

The author talks all about "positive change" and not only motivates you but TEACHES you how to achieve this balance in your life.

Energize: Ignite Passion and Performance with User Friendly Brain Tools, is well worth your time. It is a valuable tool for business leaders, coaches, teachers and anyone else that wants to motivate others or create a positive environment around themselves.

It is a quick read that can help you to make lasting positive changes in your life.

Donna H says

I was looking for something that would kick start my need to change my lifestyle in 2014. Bob Faw's book was the perfect solution. He provides examples about his motivational techniques and also activities for the reader to perform. The reader can find worksheets on his website that correspond to the activities in the book. They are a super way to get the reader to understand the point he is trying to make in his chapters and with his examples. This book has changed my 'Thinker' to have a more positive attitude of accomplishing my goals in 2014

Katie says

Energize: Ignite Passion and Performance with User Friendly Brain Tools focuses on teaching the reader different mental strategies to help increase motivation and success. Faw explains that we need to optimize the way we think, to balance our inner ‘caveman’ (motivated by power/survival), our ‘artist’ (motivated by passion), and our ‘thinker’ (motivated by logic/future goals). Basically, our fears or negative attitude can get in the way of creative and thoughtful ideas or actions, derailing our ability to achieve success at work, in relationships, etc. Faw details activities that can help create better habits and a more positive mindset that can lead to better performance.

I really liked this book. The book overall is very well written and easy to read. Because it was written in a very accessible, friendly manner, I felt like it was very similar to sitting in on an engaging and smart seminar. I often skip over activities in books like these, but I found that the activities in this book were really helpful. This is the type of book that I read, mark up, and return back to, because it just has that much useful information.

Bev says

Energize takes the time to both explain what often gets in the way of people being confident and motivated, and then provides ways to help the reader understand ways to motivate themselves and others. All of the strategies are written in a simple manner, which makes them easy to understand, and all seem thoughtful. I really liked how most revolved around “inner movies”, I was thinking as I read this that I often have little negative “inner movies” related to things I’m not confident about (like public speaking and forgetting what I need to say) and I liked the process of proactively addressing these situations and creating powerful, positive “inner movies”.

Vicky Connelly says

Good reminders for staying positive while working with others.

Laura says

Simplistic and rather shallow. Not to say that there aren't good ideas between the covers, but there is nothing unique or all that enlightening about what he has to say.
