



**'Reveals the vital
difference between
how we really think
and how we think
we think'**

*Rory Sutherland;
Vice Chairman,
Ogilvy & Mather*

INSTANT MOTIVATION

**The surprising truth
behind what really drives
top performance**

C H A N T A L B U R N S

Praise for *Instant Motivation*

'Instant Motivation is an inspiring read that will change how you see *everything*. Through her clear and warm writing style, Chantal Burns makes a strong and passionate case to live with a different knowledge which she explains succinctly though fantastic insights and practical examples. I can think of many people I would love to read this book, and if they do, I'm sure they too will have a light-bulb moment.'

Linda Swidenbank, Publishing Director, Time Inc (UK)

'This is a thoughtful and deceptively powerful book that will change how you approach relationships, work situations and your own motivation. Understanding state of mind bridges the gap between how we think life works and how it actually works and this is a revelation that could benefit millions.'

Stuart Taylor, CEO, Kinetic Worldwide

'What you'll learn in this book is absolutely fundamental for improving your well-being and performance. I've personally experienced profoundly positive changes in my own ability to lead and to bring out the best in others. If you want to excel in business, feel happier while you do it, and be more confident, read this book. Its principles are genuinely life-changing.'

Sophie Hearsey, Editor, that's life!

'A thoroughly enjoyable and insightful book that produces a powerful and motivational realisation that we are capable of changing anything.'

Chantal uses her vast experience to evidence the power of the mind and how this knowledge can benefit you both in and outside of your work.

The principles explored have the potential to change current thinking and become a catalyst for life-long change.'

David Banfield, Group CEO, Methven, www.methven.net

'Chantal has distilled her observations and experience from years of coaching and mentoring, to help us deal with our own thought processes at work and in our day-to-day lives. I wish I'd read a book like this years ago when I was running my own business. It would have given me insight into why I dealt well with some situations and poorly with others.'

Khalil Ibrahim, Managing Director, Enreach

'Chantal manages to combine her extensive business experience with her innate ability to teach. This is a book that fundamentally deals with matters of the mind, but it's written with real heart. Read it and it will almost certainly help you with your performance at work, whatever your field. More than that, it will allow you to connect with you – the real you, the best you. Playing from that position you

Instant Motivation

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