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Motivation beginnt im Kopf, heißt es. Aber was ist Motivation genau? Jeder von uns hat seine eigenen Beweggründe, bestimmte Dinge zu tun, sein Leben zu meistern, Höchstleistungen zu vollbringen. Persönliche Erfahrungen und Resonanz von anderen sind ebenso wichtige Triebfedern wie Disziplin, Begeisterung für die Sache und Freude am Tun! Wie Sie das Beste aus sich herausholen, mit sich selbst in Einklang kommen und somit zu einer Triebfeder auch für andere werden, erfahren Sie in diesem Buch.

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