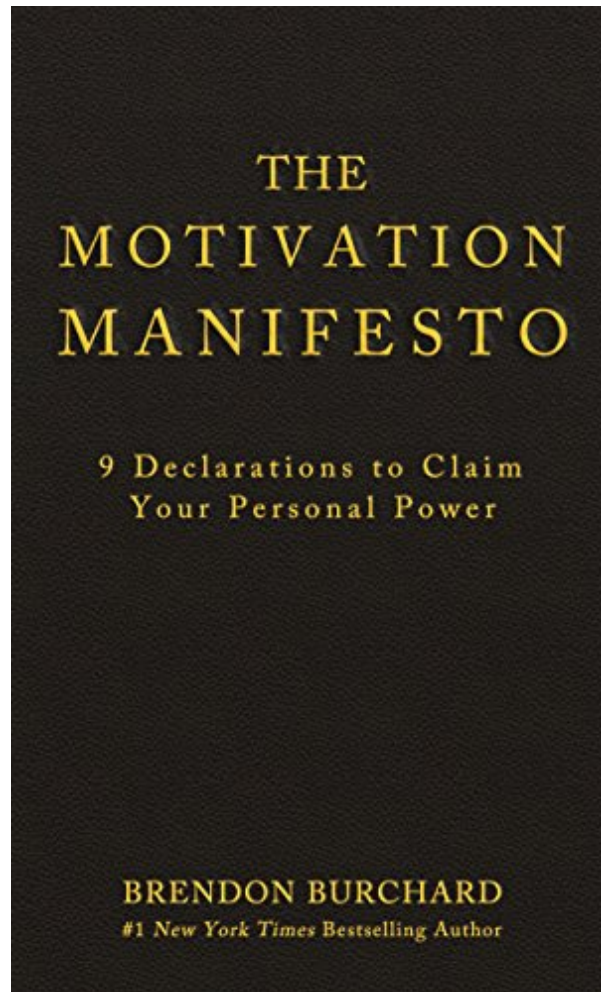


THE MOTIVATION MANIFESTO BY BRENDON BURCHARD



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THE MOTIVATION MANIFESTO

9 Declarations to Claim
Your Personal Power

BRENDON BURCHARD

#1 New York Times Bestselling Author

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Review

The Motivation Manifesto is a poetic and powerful call to reclaim our lives and find our own personal freedom. It's a triumphant work that transcends the title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book. -- Paulo Coelho

About the Author

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The Motivation Manifesto is a pulsing, articulate, ferocious call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice-time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear.

The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Burchard-at times poetic yet always fierce-motivates us to free ourselves from fear and take back our lives once and for all.

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Most helpful customer reviews

209 of 231 people found the following review helpful.

Eloquently Written, Spiritually Dangerous

By Beau Gildersleeve

Beautifully written, especially the opening Declarations (I absolutely loved the first 1/4 of this book). But as I went deeper into the book I kept finding an underlying current of contempt, even hatred, for that which we are supposed to "overcome." That is, the weak-willed, the cowardly masses, the small-minds, the fearful. The thing is we are all that stuff at one point or another! We are all that stuff along our whole life-path. There's never a point at which we've totally "transcended" any of that. Brendan implores us to Declare War on these "negative forces" ... but these negative forces are part of us, in that they are strategies we've developed to deal with a confusing and challenging world ... if we declare war, we do so against ourselves! This leads to self-hatred, frustration, loathing and all the vicious cycle we see repeating all around us ... people trying to lose weight, make wealth, achieve some new goal, but getting burned out and giving up largely because they don't understand what's creating the resistance, and devote a huge amount of energy trying "to fight it," not realizing that you can't win when you fight yourself!!! It only ends in failure.

Ultimately, this book takes a very Ancient Greek, even Victorian, high-idealized view of humanity, thinking that simply imploring us to live to the Highest Standard Imaginable (lots of caps words are used to emphasize the Highest Form of the Word) will get us there ... or perhaps at least get those "Worthy of It" there. This is basically just the Western Approach, even the Old Testament Biblical approach, which causes a lot of pain, because it always sets the individual next to the Ideal, and against an ideal the individual must always fail.

The real danger of Burchard's work is that he presents it eloquently, emphatically and matter-of-fact-end-of-story-no-more-argument-style enough that I think many folks will be tempted to turn off their inner-critic whilst reading it. Don't buy into Burchard's sold fear that if you question the material in the book you might just be one of the "small-minded fearful ones" ... if you're going to read this book do so with an open heart and very open mind and let your critical mind stay active, watching your responses from a distance. If you feel your heart pinching or any self-loathing developing while reading the book, take note of that, and go ahead and question if it's a direct result of the language, tone and underlying attitude Burchard is using (don't immediately blame yourself!!!).

If you're looking for something very balanced, realistic, practical and effective beyond a purely theoretical and poetic level, I'd recommend Jack Canfield. I don't have any interest in his stuff beyond personal experience of it. I'm promoting it here because I'm impressed with it. Much more so than Burchard's work.

Final note, wanna respond directly to a statement Burchard makes: "We can punish a selfish and callous child without becoming selfish or callous." The statement is such BS I almost don't have words to go into it. It's a quintessentially archaic view of humanity and really gives a one-sentence window into the contempt Burchard has and the pain he may be hiding/stuffing/suppressing with his idealized philosophy. A child is born the opposite of selfish/callous (a child has self-centeredness, but this is natural survival drive, and with good balanced loving parents grows into good balanced loving self-awareness) ... and if he/she has become selfish or callous it's 100% guaranteed the fault of the person in its life that thinks they need to "punish" it for being selfish/callous, state which they caused in the first place. And all that with a high-minded notion of having "Intended Love" for the punished and chastised little brute. Man, this is such the Victorian Child Rearing view of hurting a child for its own good, so it doesn't become a tyrant.

Burchard wants to treat his (and your) inner child in this same way, continuing to abandon and punish it, hating the pain and misery it has felt and acting as though all he, and you, need do is Choose to push it down and Overcome in order to no longer be controlled by the suffering of flawed coping mechanisms. This is no different than any other well-meaning but superficial (albeit eloquent) western philosophy. IN fact it's basically the same as what we've been getting for centuries, and are just now starting to realize has actually been the source of a lot of our pain.

We don't transcend by just transcending. If we could we would have done so already. Real transcendence comes from massive inner and external honesty and compassion and acceptance and accountability. Do the real work, feel the real feelings, revel in who you really are, all the flaws and hurts included. Another recommendation is Internal Family Systems work ... really cool groundbreaking stuff. So, good try Brendan, thanks for the eloquent exhortations, but please look a little deeper, and please pull this book and do a new edition with the help of some really insightful therapists.

1 of 1 people found the following review helpful.

Amazing read!

By Walter

Read this book while on the treadmill in the gym, and it really sucked me in. Not only did it help me keep running, but it really opened my eyes in other portions of my life. Anyone who is having trouble or struggling to find a positive outlook should pick this up. It's very inviting to the reader and you really won't be able to put it down once you get started.

1 of 1 people found the following review helpful.

OMG! I read the book. Then, I ...

By Bunny C. Vreeland

OMG! I read the book. Then, I bought the CD set and I listened to it in the car (6 times). Now, I am buying it for all my friends. Brendon Buchard nails it on all levels!

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