



Awaken the Giant Within by Anthony Robbins: A Summary

Anthony Robbins, Alex De La Plata

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Author and "life coach" Anthony Robbins takes on the gargantuan task of analyzing how the mind and body work, and how you can take control of every part of the process. He explains that all human actions and decisions originate in the pain-versus-pleasure principle. He then teaches you how to rewire your neurology so you associate pain with negative emotions and events, and replace it with the pleasure of the positive.

This short 13 page summary sums up the entire book in five easy sections which will give you a deep understanding of the views and philosophies of the author in a clear and concise way.

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