

# **How to Read Any Motivation Book Guide**

*A simple guide to understand the  
process of reading and thoroughly  
understanding any motivation book.*

## **Special sections:**

*How to Find the Right Online Mentor*

*Start Looking at Art and Music in a New Light*

## How to Read any Motivation Book

Reading and understanding the information in motivation books can sometimes seem a little overwhelming. ***Sometimes frustrating enough not to even start reading the book.*** This guide will help understand the process on how to get the most out of any motivation book and to understand how to use the books to achieve success in any undertaking.

There are numerous motivation books on the market today. And let's not forget about all of the timeless classics that are as essential today as when they were first published.

A lot of readers feel that motivation books are hard to read and the information is stuff that they already know. But what they don't realize is - ***is that the reader gains more insight every time that a motivation book is read.***

When the reader gets past the first reading of the book, then new information becomes available with each reading.

***A good motivation book is one that you not only read, but it reads you. Just like a best friend they tell you what you want to hear and sometimes what you don't want to hear. But it wakes you up a little and gives you the direction that you need to make positive improvements in your life.***

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Sonja Parris

## How to Read any Motivation Book

***Any motivation book or (audio version) should be read at least 3 times.***

**The first time** you read the book, you're reading it for content. You're seeing how the author has laid out the information that he is trying to convey to you. Read the book the first time to get the feel for the book and the author. Just like friends, books are all different. They have their own individual personalities and it takes a while to get to know all of the different facets of each one.

Always have a pen and a blank piece of paper with the book. This way you can take notes or jot down ideas that come to you while you are reading the book.

While you are reading the book for the first time, either highlighter put a mark beside the statements that appeal to you. If you don't clearly understand a statement or need to look up a word, put a mark beside that area also. Look up the words before the next reading.

After reading the book the first time, wait a couple of weeks until you start reading it again. This will give you enough time to absorb the information that you have read. It will also give you time to refresh yourself before the next reading. Before you start reading it for the second time your mind will already start opening up to new ideas and thoughts.

***Remember; the key to understanding a motivational book is to read it like the author is your best friend.***

## How to Read any Motivation Book

***The second time*** you read the book. Start following the directions. ***But don't worry if you don't get it right, just get it going. Start the habit of following and applying the information.***

Reread the information that you had marked in the previous reading. If it still isn't clear on this reading then research that area more. If that information is still confusing or unclear then skip past it. It will become clearer later on in the book.

*\*Always have a dictionary near.* There are many words that have more than the typical meaning that you've grown accustomed to. Especially, the great classic motivational books, in that time era they used words to convey a different meaning.

So it's always best to look up words if they don't make sense in the sentence. You'll be amazed at the different meanings of various words that there actually are.

As soon as you are done with the second reading, go back to a spot in the book that you still have in your mind. Reread the chapter or section of the book. If there was a question about something in the book, it should come to your mind right when you are done reading the book. Research that area a little more.

Go over your notes and research any of those topics. Then wait a couple of weeks again to reread the book for the third time. ***The third reading will be more exciting for you because this will be the point where all of the information comes together.***

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## How to Read any Motivation Book

**The third time** you read the book. Read the book like it's a long lost friend that you've missed. Most authors really care about the readers and the information that they are letting you in on. That's why there are so many classics that are just as good now as they were when they were first published. It does take a lot to become a successful writer. **They have to have a genuine concern for your success as well as their own.**

So now that you are more familiar with the **personality of the author**, treat him as a long lost friend and **reread his book**. You will be reading it with more experience and a lot of **new information will open up to you**. You will wonder if you really did pass over some sections because you didn't remember reading that in the previous readings.

A lot of the successful motivation books will keep you enthused about reading the information. They will be written so that each time that you come back to them, you will still gain more insight and a better understanding than the previous readings.

Not only follow the instructions in the book, but **begin to apply them to your life everyday, not just while you are reading the book.**

You will become familiar with the **daily affirmations** from the book, so type them or write them out and keep them in places that you will see all of the time. Make up your own affirmations, adjust the knowledge that you have read from the book and apply it to your own situation.

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After you have read the book 3 times. You will still want to go back and visit that book from time to time.

***You will start experiencing new things in your life*** and you can see how these changes relate to all of the motivational information that you have read in the book.

Any great author will use his own life experiences in his books as well. Because a ***truly successful person will have had a few obstacles in their life before they hit their total success.***

***People get humbled before they reach their true successes in life.***

That is one of the great ways to learn and grow. So by the author telling you his own story it's just to let you know that he's experienced in ***his own school of hard knocks and he's keeping it real for the readers*** that are on their way to discovering their own successes in life.

The stories should give the reader the ***courage to succeed*** in any of their own undertakings and know that a few stumbling blocks are just a sign that they are on their way to ***making their own path in the world of success.***

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## Special Sections:

### Things to ponder when choosing an online mentor, coach or motivator:

How many websites do you see that claim that if you sign up for their products you will be making money hand over fist in just a few short weeks?

What about the "28 year old millionaire" that is shown that is in a suit two sizes too big for him and he doesn't look like he's worked a hard day in his life?

Or what about the guy that goes to work in his pajamas?

Come on, have these people ever got past the first reading of the book that they are trying to convince you that will make you millions in just a short time.

Any great author will tell you that it takes time, (*opportunities that are disguised*) as hard work, reading, living your life to the utmost (not in your pajamas), and making mistakes along the way.

If these people are millionaires then why aren't they sharing their wealth with charities just like the really great achievers of past and present did? (**Bill Gates, Warren Buffett, Andrew Carnegie, Napoleon Hill, W. Clement Stone**).

If any of these online people know that in order to gain any type of '**riches**' in life that you first have to give before you receive. Then why do they lure you to their website and before you can go any further you are asked to put in your name and email address.

That isn't giving first. That's more like, "*I'll show you how to make millions, but first you have to give me your information.*"

That's not giving before you receive. All great authors and achievers are thorough believers in the **Golden Rule**.

## How to Read any Motivation Book

Great authors and achievers also understand and believe in the Universal Laws. They know how to use the ***Law of Attraction*** for gaining their success. ***They know that you can't bend those laws nor would they want to.***

Once you give out your email address, how many other sites get that address? When you start getting emails from all over the country on how to become a millionaire, then why in the subject line does it state the following, "*Learn great money mak.ing techniques.*" The (.) is not a typo if you read through the entire email you will see the (.) throughout it. That is so they won't get sued because you're not going to be a millionaire by responding to their email.

Also what about the emails that you get from a website that you trust telling you to '*go to this guy's website, he will only sign up the next 50 people so hurry fast.*' Then when you click on the link you see the link briefly change to a program that keeps track of what site the person came from. This is so the sender of the email gets paid if the person buys any product.

Also what about emails that you get from different websites and within a week they are both telling you to go to the same '*new website.*'

Then you have the websites that have that little '*affiliate*' link on the bottom of their page. That is again to pay the website that has a link on their site pointing to the other website. Commissions are good but sometimes there's a fine line between having links on a site just to make money or thoroughly believing in a business and wanting to help the customer out by sending them there without the lure of getting paid easy money to do it.

The Universal Law of Compensation comes in to play. Send a customer to a website that is a great, knowledgeable website without the idea of immediate compensation. ***Let that law work on your behalf at a later time.***

What about the fast talking, "***I came from rags when I was a youngster and now***



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***look at me.***" We've all been there, done that and all of us could write a book on that subject. That even goes back to the Grandfather of Motivation, Napoleon Hill (and before him even). Napoleon Hill was so hungry as a poor child without a mother that after a few days of not eating anything, he started eating the bark off of trees.

Thomas Edison lost part of his hearing as a young child because when he was selling lemon water to people on a train, a man picked him up by his ears. A bad childhood is bad, but be like the great achievers and ***overcome the obstacles***, don't quit on anything and ***find that seed of genius from within***.

***Every single person is already a success story.*** Just start writing down all of the accomplishments in life and see that if there wasn't a struggle of some sort, there wouldn't have been a success of an equal or greater value that was gained from it.

These are just a few items to ponder when you're looking for a coach, mentor or motivator. I hope that you can get some use out of the information. When signing up or looking for motivation material to learn from, just trust your gut instinct.

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## How to Read any Motivation Book

### Start Looking at Music and Art in a New Light

Once you start reading any great motivation book you will start seeing ***art and music in a different light.***

***Artists, songwriters and musicians are just like motivational book authors.*** They are telling you their successes in their art, whether it be a great painting or a song.

So once you start following along in a great motivation book, start implementing items that you have been familiar with for years.

Go to the music store or online and not only look at the song titles of your favorite bands but also ***admire the artwork*** that went into the covers of the cds. (*Every picture tells a story.*) When looking at classic motivation books, look at the titles and the artwork on the covers as well.

Start looking at classic art books, postcards and music and use the directions in motivation books that show you how to appreciate their art form but also how to ***tap into your own creative potential for genius.***

Everyone was put here in the world to ***discover their own greatness.*** Everyone has the creative potential in them. Sometimes it just needs a little prodding to get it to come out.

Music, books and art are a great example of that potential genius that everyone possesses within themselves. Visit used book and music stores and find your treasures.

When you buy an old, used art or motivation book or music cd, don't buy it for the monetary potential. Buy it for the energy of that item. (*There's a better explanation of the energy factor in Napoleon Hill's "Think and Grow Rich" book*). But use the positive energy of the former owner of the item and also the positive energy that went in to making the music, book or art come to life.

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***You will be amazed once you realize that genius has been all around you for years.*** And how easy it is to actually find your own genius by listening to music, looking at art in a new light and reading motivation books.

Thanks and I hope that you enjoyed some of these helpful hints. I've been studying music, books and art for years and I just wanted to add my input on the subjects.

Sincerely,  
Sonja Parris

p.s. Please play the '***Pay It Forward***' game on my website,

<http://www.UpYourMojo.com>

I dare you!

Peace!

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