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I wrote this book in three months while simultaneously attempting seventeen other missions, including running a startup, launching a hit iPhone app, learning to write 3,000 new Chinese words, training to attempt a four-hour marathon from scratch, learning to skateboard, helping build a successful cognitive testing website, being best man at two weddings, increasing my bench press by sixty pounds, reading twenty books, going skydiving, helping to start the Human Hacker House, learning to throw knives, dropping my 5K time by five minutes, and learning to lucid dream. I planned to do all this while sleeping eight hours a night, sending 1,000 emails, hanging out with a hundred people, going on ten dates, buying groceries, cooking, cleaning, and trying to raise my average happiness from 6.3 to 7.3 out of 10.

How? By hacking my motivation.

Titel	:	The Motivation Hacker
Forfatter	:	Nick Winter
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