



**Summary: Get Motivated - Tamara Lowe:  
Overcome Any Obstacle, Achieve Any Goal, and  
Accelerate Your Success With Motivational DNA**

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**Complete summary of Tamara Lowe's book: "Get Motivated: Overcome Any Obstacle, Achieve Any Goal, and Accelerate Your Success With Motivational DNA".**

This summary of the ideas from Tamara Lowe's book "Get Motivated" asks some fundamental questions: What motivates high achievers? What motivates you personally to excel? To answer these questions, an eight-year study looked at the success patterns of more than 10,000 high achievers and found motivation is not "one-size-fits-all". Rather, motivation is more like DNA— it is unique to each individual and needs to be tailored to the needs and preferences of each individual in order to be effective. Rule #1 for a more productive life is to read Get Motivated! This revolutionary and empowering book will help you in your personal and professional life.

#### **Added-value of this summary:**

- Save time
- Understand key concepts
- Increase your business knowledge

**To learn more, read "Get Motivated" and become a high achiever.**

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