



Perpetual Motivation: How to Light Your Fire and Keep It Burning in Your Career and in Life

Dave Durand

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An experienced trainer demonstrates that the most important element of success is not putting in longer hours or expending more energy—it is keeping everything in balance. He outlines five key life components that must be brought into harmony and kept on track, or productivity will inevitably slow to a crawl; once this balance is achieved, less effort is needed to maintain stability and productivity increases. This principled yet practical motivational program is bolstered with anecdotes, research, and many years of personal observation and interaction with leaders and executives in training seminars and radio broadcasts. Individuals from all walks of life—sales representatives, managers, secretaries, educators, small-business owners, and stay-at-home parents—can make this program their own and increase effectiveness in every aspect of their lives.

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