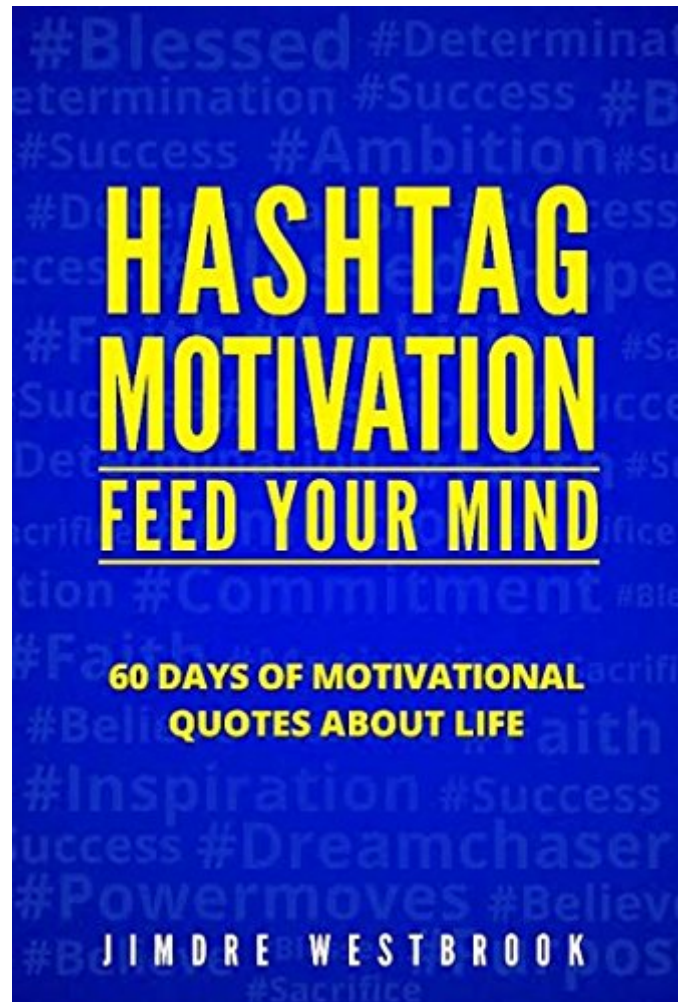


The book was found

Hashtag Motivation: Feed Your Mind



Synopsis

Hashtag Motivation: Feed Your Mind is a 60-day adventure of positivity, encouragement and, faith. Each daily motivational quote is written using 140 characters or less. This book is the perfect motivational tool for people on-the-go. No matter what youâ™re going through in life, being motivated is essential to achieving your goals and dreams.

Book Information

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inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Bible Study & Reference > Quotations #112 inÂ Books > Christian Books & Bibles > Bible Study & Reference > Quotations #1683 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Self-Help

Customer Reviews

In short, this book is an innovative, youthful and a modern day way of doing a skill that I deem "deep journaling". It acts as a tool that provides an opportunity to read something motivational, inspiring and uplifting. This book takes you to a place mentally (with the use of questions/prompts) where you process your thoughts, emotions and plans of action or lack thereof and then write them on paper thus making them tangible. Ironically, the most effective piece for me came on Day 60. This day hit close to home because it touches on something that I process and work on daily -- my personal self and what I want that to look like holistically and in terms of legacy. I found myself engaging with this day and writing a response to the prompt inevitably, this is a small example of one of the many

benefits that the reading has on its reader. Overall, this is a great tool for those that need to pick something up for a daily, weekly or even time to time motivation. I'll be sure to utilize it in my personal journey as I soar ever upward.

Reviewing the book was a breath of fresh air! From reading the book you can definitely tell that the author has a strong relationship with God! I come from a religious household in which many of the motivational #hashtags were instilled in me!!! It's a blessing to know that a brother from another mother had similar values instilled in him and it resulted in this motivational read that is applicable to most ages! I highly recommend this book to individuals of all colors, professionals and creeds!!! Coaches grab this book, Pastors grab this book, Teachers grab this book, Therapists Grab this Book, Aspiring Entrepreneurs grab this book...in fact, Everybody Grab this book and follow this author in the #MotivationalMovement

I like how it is broken down into different days and has notes. It will motivate me to write things down. Which is a good way to get things done. (I had to find an empty journal). We all know these things. But why is it so hard for us to motivate ourselves? This is a great reminder and exercise to get going. Just the few days I did read, gave me some things to think about. Very thought provoking. These are good exercises. The only negative thing I would say is.... I personally stop daily books about 12 days in. Its hard for me to remain consistent and do all 30 days or a year. That is just me personally. Daily devotionals don't work for me. I loose attention.

As a sales manager for the last few years and being involved in sales for over a decade I've learned it's very important to stop and reflect every so often. This book is the perfect way to start or end your day. I love the opportunity to self reflect after each quote. This allows the reader to maximize their experience. I've read the book twice over and both times the quotes and questions brought something new to light that I needed at that point in my career and life. Great read and awesome to read with a sales team to help drive success. I hope to see more from this author.

From a youth leader perspective I believe that Jimdre Westbrook's book "Hashtag Motivation: Feed Your Mind", provides young adults a framework that initiates a level of self-reflection that is often difficult to cultivate unprompted. Jimdre empowers the audience in a simplified way without intimidation while still encouraging them to self-discover on a deeper level. Each day can lead the reader to peel back complex layers toward a journey of personal and spiritual growth. I applaud

Jimdre's intentionality in developing a facilitated avenue for his readers to gain a sense of self, motivation, encouragement, and empowerment.

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