How do I change myself easier and faster? Posted At : January 4, 2011 3:27 PM | Posted By : Michael Smith

Related Categories: NLP

Why do we do what we do? And if we don't like what we do how can we change it? Or how can we get more of what we do like? In this TED talk Tony Robbins discusses the "invisible forces" that motivate everyone's actions -- and high-fives Al Gore in the front row.