



# The Motivation Hacker

By Nick Winter

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## The Motivation Hacker By Nick Winter

“Moderation in all things,” they say. That may keep a society together, but it’s not the protagonist’s job. The Motivation Hacker shows you how to summon extreme amounts of motivation to accomplish anything you can think of. From precommitment to rejection therapy, this is your field guide to getting yourself to want to do everything you always wanted to want to do.

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.

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