

eric thomas motivational speaker biography

Eric Thomas Motivational Speaker Biography: The Journey of a Relentless Inspirational Force

eric thomas motivational speaker biography is a story of resilience, determination, and the power of unwavering grit. Known widely as "ET the Hip Hop Preacher," Eric Thomas has become one of the most sought-after motivational speakers in the world, inspiring millions to overcome adversity and pursue success with relentless passion. But behind his powerful speeches and viral videos lies a compelling narrative of struggle, transformation, and relentless hustle that shaped the man he is today.

The Early Life of Eric Thomas

Eric Thomas's journey wasn't handed to him on a silver platter. Born and raised in Detroit, Michigan, he faced enormous challenges from a young age. Growing up in a single-parent household, Eric struggled with homelessness during his teenage years. At one point, he was forced to live on the streets, sleeping in abandoned buildings and relying on the kindness of strangers. These early hardships laid the foundation for the resilience and empathy that would later define his motivational speaking style.

Despite the obstacles, Eric's passion for education and self-improvement never wavered. He dropped out of high school at one point, but this setback fueled his determination even more. Inspired by a high school teacher who believed in him, Eric eventually earned his GED and enrolled at Oakwood University in Huntsville, Alabama. This pivotal moment marked the start of a transformative chapter in his life.

From Homeless to Harvard: Eric Thomas's Educational Journey

Eric Thomas's academic journey is nothing short of remarkable. After Oakwood University, he went on to earn a bachelor's degree and then a master's degree from Michigan State University. Not stopping there, Eric pursued a Ph.D. in Education Administration at the University of Missouri. His academic achievements are a testament to his belief in the power of education and self-discipline as tools for overcoming adversity.

This background in education not only enriched Eric's insight into human motivation but also helped him develop a unique approach to coaching individuals and organizations. His speeches often blend street-wise wisdom with academic principles, making his messages relatable and practical for a wide audience.

Rise to Fame: How Eric Thomas Became a Motivational

Icon

Eric Thomas's rise to prominence began with his powerful and authentic storytelling. His breakthrough came when his motivational speeches were uploaded to YouTube, quickly gaining millions of views. The raw energy and emotion in his delivery resonated deeply with viewers, especially young people seeking guidance and encouragement.

Key Elements of Eric Thomas's Speaking Style

What sets Eric Thomas apart as a motivational speaker? His style is a dynamic mix of passion, authenticity, and relatability. Some of the signature elements include:

- **High Energy Delivery:** Eric's speeches are charged with intensity, often delivered with a sense of urgency that captivates audiences.
- **Personal Stories:** He openly shares his struggles with homelessness, academic challenges, and personal setbacks, making his message genuine and impactful.
- **Action-Oriented Advice:** Eric doesn't just inspire; he provides practical steps and mindset shifts to help listeners take immediate action.
- **Relatable Language:** Using a conversational tone infused with hip-hop culture and street wisdom, he connects especially well with younger audiences.

Viral Videos and Online Presence

One of the turning points in Eric Thomas's career was the viral spread of his "Secrets to Success" video series. These videos, often featuring his energetic delivery and memorable quotes like "When you want to succeed as bad as you want to breathe, then you'll be successful," have been shared millions of times and have inspired countless individuals worldwide.

Beyond YouTube, Eric has cultivated a strong online presence through social media platforms like Instagram, Twitter, and Facebook, where he continues to share motivational content daily. His authenticity and consistent messaging have helped him build a loyal following of entrepreneurs, students, athletes, and professionals.

Eric Thomas's Impact Beyond Speaking Engagements

While Eric Thomas is primarily known as a motivational speaker, his influence extends far beyond the stage. He has authored several best-selling books, developed coaching programs, and worked with high-profile clients across different industries.

Books and Written Works

Eric's books serve as extended motivational resources, diving deeper into strategies for success and mental toughness. Some of his popular titles include:

- *"The Secret to Success"* – A practical guide based on his speeches and life philosophy.
- *"Greatness Is Upon You"* – Focuses on unlocking one's potential through discipline and mindset shifts.
- *"Average Skill Phenomenal Will"* – Emphasizes the power of perseverance over innate talent.

These books have helped readers internalize Eric's messages and apply them in their personal and professional lives.

Coaching and Consulting

Eric Thomas has worked extensively as a coach and consultant, partnering with corporations, sports teams, and educational institutions. He has been a motivational coach for professional athletes in the NBA and NFL and has collaborated with major companies to improve workplace motivation and leadership.

His approach often centers on building resilience, cultivating a strong work ethic, and fostering a growth mindset. Eric's ability to adapt his message to different audiences while retaining its core authenticity is one reason why his coaching is so effective.

Lessons from Eric Thomas's Life and Career

Exploring the Eric Thomas motivational speaker biography reveals several valuable lessons that anyone can apply:

1. **Embrace Adversity:** Eric's early struggles didn't define him; instead, they became the fuel for his success. Challenges should be seen as opportunities to grow stronger.
2. **Consistency is Key:** Success comes from daily discipline and relentless effort, not occasional bursts of motivation.
3. **Believe in Yourself:** Even when others doubt your potential, maintaining faith in your capabilities is crucial.
4. **Education Empowers:** Learning and self-improvement are lifelong pursuits that open doors and build confidence.

5. **Take Action:** Inspiration without action is wasted energy. Eric's messages always encourage listeners to put words into practice immediately.

Tips Inspired by Eric Thomas for Staying Motivated

If you're looking to channel some of Eric Thomas's energy into your own life, here are practical tips drawn from his teachings:

- **Set Clear Goals:** Define what success means to you and outline the steps to get there.
- **Create a Routine:** Develop daily habits that support your objectives, such as waking up early or dedicating time to skill-building.
- **Surround Yourself with Positivity:** Engage with people and content that uplift and challenge you.
- **Visualize Success:** Regularly imagine yourself achieving your goals to reinforce motivation.
- **Stay Accountable:** Share your goals with friends or mentors who can encourage you and hold you responsible.

The Legacy and Continuing Influence of Eric Thomas

Eric Thomas's impact continues to grow as he reaches new audiences around the globe. His story from homelessness to academic success and motivational stardom embodies the transformative power of mindset and perseverance. Through his speeches, books, coaching, and digital content, Eric has created a legacy that inspires people to push beyond their limits and redefine what's possible.

What makes Eric Thomas's biography particularly compelling is his authenticity. He doesn't present himself as someone who had it easy; instead, he shares his struggles and triumphs in a way that feels accessible and real. This genuine connection is what makes him one of the most effective motivational speakers of our time.

For anyone seeking inspiration, Eric Thomas's life is a powerful example of how determination, education, and relentless effort can change the trajectory of one's life. His message resonates because it's rooted in lived experience, making the Eric Thomas motivational speaker biography not just a story of success but a roadmap for anyone ready to hustle and grind toward their dreams.

Frequently Asked Questions

Who is Eric Thomas and why is he famous?

Eric Thomas is a renowned motivational speaker, author, and minister known for his passionate and energetic speaking style. He gained fame through his inspirational videos on YouTube and his ability to connect with audiences about overcoming adversity and achieving success.

What is Eric Thomas's background and early life?

Eric Thomas grew up in Detroit, Michigan, facing significant challenges such as homelessness during his teenage years. Despite these struggles, he was determined to change his life and eventually earned his GED, followed by a college degree and a PhD in Education.

How did Eric Thomas start his career as a motivational speaker?

Eric Thomas started his career by sharing his personal story and motivational messages in local churches, schools, and community centers. His impactful speeches gained attention on social media, especially on YouTube, which helped him build a large following and establish himself as a top motivational speaker.

What are some of Eric Thomas's notable achievements?

Eric Thomas has authored several bestselling books, including 'The Secret to Success' and 'Greatness Is Upon You.' He has worked with athletes, corporations, and educational institutions and has been featured in major media outlets for his inspirational work.

What themes does Eric Thomas focus on in his motivational speeches?

Eric Thomas often focuses on themes such as perseverance, hard work, discipline, overcoming obstacles, self-motivation, and the power of education. His messages encourage people to take control of their lives and strive for greatness regardless of their circumstances.

What is Eric Thomas's educational background?

Eric Thomas earned a Bachelor of Science degree from Oakwood University, a Master's degree from Michigan State University, and a PhD in Education Administration from the University of Missouri.

How has Eric Thomas impacted the motivational speaking industry?

Eric Thomas has had a significant impact on the motivational speaking industry by using digital platforms to reach millions worldwide. His authentic storytelling and relatable content have inspired countless individuals to pursue their goals, making him one of the most influential motivational speakers of his generation.

Additional Resources

Eric Thomas Motivational Speaker Biography: A Deep Dive into the Life of "ET the Hip Hop Preacher"

eric thomas motivational speaker biography traces the remarkable journey of a man whose rise from homelessness to becoming one of the most influential motivational speakers in the world is nothing short of inspirational. Known widely as "ET The Hip Hop Preacher," Eric Thomas has transformed his life experiences into powerful messages that resonate with millions seeking motivation, self-improvement, and success. This article undertakes a detailed exploration of his background, career trajectory, unique speaking style, and the impact he has had on audiences globally.

Early Life and Background

Eric Thomas's story begins in Detroit, Michigan, where he was born in 1970. Raised in a challenging environment, Thomas's early years were marked by hardship and struggle. He dropped out of high school and experienced homelessness, living on the streets of Detroit for a period during his teenage years. This phase of his life became a critical turning point, shaping his mindset and fueling his desire to overcome adversity.

His experience with homelessness and lack of formal education adds authenticity to his motivational speeches, as he speaks from personal experience rather than theoretical knowledge. According to various sources, it was the encouragement of a teacher that inspired him to return to school, leading him to eventually earn his GED.

Academic Achievements and Educational Pursuits

Eric Thomas's commitment to education post-homelessness is a testament to his relentless drive. He enrolled at Oakwood University in Huntsville, Alabama, where he earned a bachelor's degree. Following this, Thomas pursued a master's degree at Michigan State University and ultimately completed his Ph.D. in Education Administration.

His academic credentials contribute significantly to his credibility as a motivational speaker and educator. Unlike many speakers who rely solely on charisma, Thomas combines academic insight with street-smart wisdom, making his lectures both relatable and authoritative.

Rise as a Motivational Speaker

Transitioning from academia to motivational speaking was not an overnight success for Eric Thomas. His initial foray into motivational speaking began with impromptu talks and sermons at local churches and community centers. However, his breakthrough came with the advent of digital media platforms, particularly YouTube.

The Power of Digital Media

Eric Thomas leveraged social media and video-sharing platforms to reach a broader audience. His energetic, passionate, and unfiltered delivery style quickly garnered millions of views. Videos like “How Bad Do You Want It?” became viral sensations, propelling him into the global spotlight.

This digital presence allowed Thomas to transcend geographical barriers, reaching entrepreneurs, athletes, students, and professionals worldwide. His ability to connect through raw emotion and practical advice set him apart from other motivational speakers who often rely on scripted or polished presentations.

Speaking Style and Core Messages

One of the defining features of Eric Thomas’s motivational speaking is his high-energy, no-excuses approach. Often described as intense and passionate, his style combines elements of hip-hop culture with traditional preaching, earning him the nickname “ET The Hip Hop Preacher.”

Key Themes in Eric Thomas’s Speeches

- **Accountability:** Thomas emphasizes personal responsibility as the cornerstone of success. He challenges audiences to own their circumstances and take decisive action.
- **Hard Work and Persistence:** He repeatedly underscores the necessity of relentless effort and resilience in the face of obstacles.
- **Purpose and Passion:** Thomas encourages individuals to discover their “why” and align their actions with their passions.
- **Overcoming Adversity:** Drawing from his own life, he inspires listeners to view setbacks as opportunities for growth.

His speeches often incorporate vivid storytelling, motivational exhortations, and call-to-action phrases that energize listeners to improve themselves.

Impact and Influence in Various Sectors

Eric Thomas’s influence extends beyond motivational speaking into education, sports coaching, corporate training, and media. His ability to inspire performance improvement has made him a sought-after figure across multiple domains.

In Education

Thomas advocates for educational empowerment, particularly among at-risk youth. He has partnered with schools and educational institutions to deliver keynote speeches and workshops designed to boost student morale and academic achievement.

In Sports

Elite athletes and sports teams frequently enlist Eric Thomas as a motivational coach. His messages of discipline and mental toughness resonate with competitors aiming to elevate their game. Notably, professional athletes have cited his talks as pivotal in their preparation and mindset.

In Business and Corporate Training

Corporations seeking to enhance employee motivation and leadership development also turn to Thomas. His pragmatic advice on goal-setting, leadership, and overcoming workplace challenges has proven valuable in corporate environments.

Published Works and Media Presence

Eric Thomas has authored several books and produced multimedia content that complements his speaking engagements. His literary works focus on self-help, motivation, and personal development, reinforcing his core philosophies.

- **“The Secret to Success”**: This book distills Thomas’s key principles of achieving one’s goals through perseverance and focus.
- **“Greatness Is Upon You”**: A motivational guide providing practical steps for realizing potential.

His social media channels, podcasts, and YouTube videos continue to attract millions of followers, maintaining his relevance in a rapidly evolving digital landscape.

Critiques and Considerations

While Eric Thomas is widely celebrated, some critics argue that his highly charged style may not resonate with all audiences. The intensity of his delivery can be overwhelming for those seeking more nuanced or calm motivational content. Additionally, some suggest that motivational speaking, in general, can sometimes oversimplify complex personal and systemic challenges.

However, supporters contend that Thomas's authenticity and actionable advice offer tangible benefits, particularly to individuals needing a catalyst for change.

Legacy and Continuing Influence

Eric Thomas's journey from homelessness to global motivational icon underscores the transformative power of determination and education. His biography is a compelling narrative that continues to inspire countless individuals striving to overcome adversity and achieve success.

As the motivational speaking landscape evolves, Thomas remains a pioneering figure who blends personal experience, academic knowledge, and cultural influences to create impactful messages. His ongoing work in education, sports, and corporate sectors ensures that his influence will persist for years to come, empowering new generations to "dig deep" and pursue greatness.

[Eric Thomas Motivational Speaker Biography](#)

eric thomas motivational speaker biography: Top Inspiring Thoughts of Eric Thomas
M.D. Sharma, 2021-01-01 Top Inspiring Thoughts of Eric Thomas by M.D. Sharma: In this compilation of motivational wisdom, M.D. Sharma brings together the most inspiring and empowering thoughts of Eric Thomas, a renowned motivational speaker and life coach. This book serves as a powerful source of encouragement and guidance for those seeking to unlock their full potential and achieve greatness. Key Aspects of the Book Top Inspiring Thoughts of Eric Thomas: Eric Thomas's Wisdom: The book features Eric Thomas's most impactful quotes and insights, providing readers with a dose of inspiration and motivation. Personal Development: Top Inspiring Thoughts of Eric Thomas offers practical advice and strategies for personal growth and success. Empowering Mindset: The book encourages readers to adopt a positive and resilient mindset, essential for overcoming challenges and achieving goals. M.D. Sharma is a dedicated curator of motivational works and a source of inspiration for readers seeking personal development and empowerment. Through thoughtfully compiled collections like Top Inspiring Thoughts of Eric Thomas, Sharma continues to amplify the voices of renowned motivational speakers, helping readers transform their lives and embrace their journey towards success and self-discovery.

eric thomas motivational speaker biography: Inspiring Thoughts of Influential American Personalities : Top Inspiring Thoughts of Nick Vujicic/Top Inspiring Thoughts of Eric Thomas/Top Inspiring Thoughts of Oprah Winfrey/Top Inspiring Thoughts of Earl Nightingale
M.D. Sharma, 2022-08-20 Inspiring Thoughts of Influential American Personalities: This compilation features inspiring thoughts and quotes from four influential American personalities who have made a significant impact in their respective fields. The anthology includes Top Inspiring Thoughts of Nick Vujicic, Top Inspiring Thoughts of Eric Thomas, Top Inspiring Thoughts of Oprah Winfrey, and Top Inspiring Thoughts of Earl Nightingale. These books likely offer motivational messages and life lessons from these exceptional individuals, inspiring readers to overcome challenges, achieve success, and lead fulfilling lives. Key Aspects of the Book Top Inspiring Thoughts of Nick Vujicic: Strength in Adversity: This book likely features empowering thoughts and reflections from Nick Vujicic, the inspirational speaker born without arms and legs, who has motivated millions with his story of resilience and strength in the face of adversity. Unwavering Positivity: The book may include Vujicic's thoughts on maintaining a positive outlook on life, embracing one's uniqueness, and finding happiness despite challenges. Never Give Up: Readers can expect to find

quotes that encourage perseverance, determination, and the courage to never give up on one's dreams. Key Aspects of the Book Top Inspiring Thoughts of Eric Thomas: Motivation from Eric Thomas: This book likely compiles motivating thoughts and principles from Eric Thomas, the motivational speaker and author known for his powerful speeches and success coaching. The Power of Belief: The book may include Thomas's thoughts on the power of belief, self-motivation, and the importance of embracing challenges to achieve greatness. Hustle and Grind: Readers can expect to find quotes that inspire hard work, perseverance, and the commitment to achieve one's goals. Key Aspects of the Book Top Inspiring Thoughts of Oprah Winfrey: Wisdom from Oprah Winfrey: This book likely presents influential thoughts and ideas from Oprah Winfrey, the media mogul, talk show host, and philanthropist known for her inspiring journey to success and her impact on millions of lives. Empowerment and Self-Discovery: The book may highlight Winfrey's thoughts on empowerment, self-discovery, and the importance of authenticity and personal growth. Living with Purpose: Readers can expect to find quotes that encourage living with purpose, embracing one's passions, and making a positive impact on the world. Key Aspects of the Book Top Inspiring Thoughts of Earl Nightingale: Insights from Earl Nightingale: This book likely compiles profound insights and motivational thoughts from Earl Nightingale, the author and radio personality known as the Dean of Personal Development. The Strangest Secret: The book may include Nightingale's thoughts on success, personal growth, and the famous recording The Strangest Secret. Unleashing Inner Potential: Readers can expect to find quotes that inspire personal development, unleashing inner potential, and the pursuit of excellence. The author, M. D. Sharma, is likely committed to sharing the powerful messages of these influential American personalities to inspire readers towards greatness, personal growth, and living their best lives.

eric thomas motivational speaker biography: *The Optimistic Seekers*□ *Keys to Greatness: A Guide to Establishing a Successful, Happy, and Fulfilled Life - Spirit Edition* Joel Rodriguez Creator of The EMBS Systematic Process, 2019-06-18 Joel Rodriguez grew up in poverty, but through hard work, he found himself with status and money. Finally, he had what he desperately wanted as a young boy, but he felt empty. While he was chasing his dreams, he'd neglected other areas of his life, including his family and friends. Keys to Greatness teaches a systematic process that will help you establish direction and balance. Drawing on his own experiences, the author provides a step-by-step course of action on finding success, happiness, and fulfillment. He answers questions such as: - Why do so many people feel unhappy and unfulfilled? - What steps can you take to achieve true fulfillment? - What is the definition of true success? - How can you overcome obstacles? The author also shares a FOCUS Process, which is a complete step-by-step course of actions with simple concepts, practical techniques, and no-nonsense tools and resources that will help you achieve your goals.

eric thomas motivational speaker biography: *Summary of You Owe You by John A. Shepard: Ignite Your Power. Your Purpose, and Your Why* thomas francis, 2023-11-06 You Owe You by John A. Shepard In this opening chapter, I serve as a guide to help you understand your inner strength and purpose. Think of this book as a roadmap that will steer you toward discovering your 'why,' using many of my personal challenges and triumphs as real-life examples. No matter where you currently stand on your journey towards greatness, this book is tailored for you. ET acknowledges his indebtedness to children, particularly those who grew up without fathers. I, too, once felt as though the world was conspiring against me. I lost my home, scavenged for food in trash cans, and slept in abandoned buildings. I adopted a victim mentality, but over time, I managed to find my way out of it and transform myself into a conqueror. Success requires self-awareness and purpose discovery. It involves recognizing when to sacrifice something good in pursuit of greatness, as well as realizing your full potential. I strive to live up to my potential daily and fulfill the purpose I was born for. There weren't many expectations for me when I was a child. My parents' possession of a home and cars exceeded what their ancestors could have ever imagined. My great-grandparents had been sharecroppers, and they had endured lives as slaves. How can one even contemplate a greater purpose when survival is the primary goal? Grab a copy and learn more!

eric thomas motivational speaker biography: *The Secret to Success* Eric Thomas, 2011

From homeless high school dropout to one of the most sought after motivational speakers in the country, Eric Thomas has truly found the Secret 2 Success. In this, his debut autobiography, Eric shares that secret with the rest of the world. By chronicling his days sleeping in abandoned buildings in the unforgiving Detroit winters, to his rise as a successful husband, father, CEO, educator and motivational speaker, Eric inspires the masses to reach greatness. In 2009 one of Eric's speeches entitled Secrets 2 Success surfaced on YouTube and quickly went viral reaching over 1 million views. It was the response to this video and the subsequent thousands of emails and phone call from viewers ranging from high school teachers and students, to professional athletes and CEO's of fortune 500 companies seeking Eric's advice on how to reach their maximum potential that ultimately led to the writing of this book. In the book, Eric not only details his struggles and successes, he also provides invaluable advice on how anyone can take their life from its current state to places they never dreamed imaginable.

eric thomas motivational speaker biography: *You Owe You* Eric Thomas, PhD, 2024-07-02

NEW YORK TIMES BESTSELLER • "Eric Thomas moves, inspires, encourages, and challenges people to reach their full potential. *You Owe You* is flat-out brilliant, and he ain't lied yet!"—Deion Sanders, Coach Prime No matter your story or your struggle, Eric Thomas—celebrated motivational guru, educator, and problem-solver to many of the top athletes and business leaders—will "help you work harder, discover your real motivation, and crack the code of enduring success" (Ed Mylett, #1 bestselling author of *The Power of One More*) If you feel like success is for others, that only certain people get to have their dreams fulfilled, Eric Thomas's *You Owe You* is your wake-up call. His urgent message to stop waiting for inspiration to strike and take control of your life is one he wishes someone had given him when he was a teenager—lost, homeless, failing in school, and dealing with the challenges of being a young Black man in America. Once he was able to break free from thinking of himself as a victim and truly understand his strengths, he switched the script. And now, with this book, Thomas reveals how you, too, can rewrite your life's script. With support, he recognized that his unique gift is being able to capture the attention of all kinds of people in all kinds of settings—boardrooms, locker rooms, churches, classrooms, even the streets—thanks to his wealth of experiences and command of language. Today, Thomas considers himself blessed to speak to an audience that is as large as it is diverse, from the rich and famous to kids struggling in school to young men in prison hoping for a new start. Thomas's secrets of success have already helped hundreds of thousands on their journey, but this is his first guide to show you how to start today, right now. These critical first steps include deeply understanding yourself and the world around you, finding your why, accepting that you may have to give up something good for something great, and constantly stretching toward your potential. No matter where you are on your journey toward greatness, you owe it to yourself to become fully, authentically you. And Eric Thomas's *You Owe You* can help get you there.

eric thomas motivational speaker biography: *The 7 Prerequisites to Success: Pathways to*

Paramount Performance Shawn Edmontson, MSIOP, Executive Coach, 2018-08-22 The 7 Prerequisites to Success is Shawn Edmontson's value offering to the marketplace of Personal and Professional Development, and Success orientation. Founded on principles that are as old as the Universe itself, Shawn coaches and educates from a moral experiential base that is grounded in observation and actualization. Whether you are looking for more money, fulfillment in life, or to optimize your performance, Shawn is your accountability partner and your level up ambassador. Utilizing well known examples that everyone knows to demonstrate the evidence behind his assertions, Shawn Levels Up every reader with simple and down to earth proof that success is ready and available to all who are ready and available for it. The Pathways to Paramount Performance are the birthright of all who choose to take the high road to self-actualization and the realization of their inherent potential. The 7 Prerequisites to Success is the proverbial GPS system. ENJOY!

eric thomas motivational speaker biography: *Head Start* Ian Price, 2018-09-06

eric thomas motivational speaker biography: *Covid-19 954 Ascension* Malonnie Lowe,

2020-11-19 Caught in the middle of the pandemic, unaware of which way to turn. I turned inwardly. I could not find my answer in the bottom of a bottle. Reality hit, I had hit rock bottom. Fear gripped my mind as I pondered what would happen to me in my not so distant future. My life was great as a server so I thought. Covid-19 was the number one cause of massive unemployment, I was struck. I had had my fill of the "quarantine" parties, depression began to settle in quickly. There was no possible way I could get lower. My options were few, something had to change, that change began with me. But how, I had been forced to comply by isolation regulation rules to sit still. Stillness is what I needed to gather my mind. My mind had become the battlefield and I was the soldier on the front line. I had two options remain the same or passionately pursue change.

eric thomas motivational speaker biography: *Designing a Limitless Mind* Alan Nogier, 2022-12-01 Designing a Limitless Mind is one of the actionable reads of our time that will change the way you move, think and breathe to a whole new level. The principles that govern limitless growth within your mind's capacity for continuous expansion rely on the three components of a mindset which is the pivotal understanding that those who achieve the life of their dreams, understand to their core about themselves. In this book, you will discover what these three components are, how to master them, and how to apply them toward your specific goals and life vision. By mastering the design of your mind, you will also learn how to: - Reinvent and Re-inspire big vision - Remove self-sabotaging limiting beliefs. - Master your habits - Understand your trauma -Turn suffering into gratitude - Increase your ability to see opportunity and get things done - Become a more abundant force - Understand with clarity what would make your life most fulfilling

eric thomas motivational speaker biography: *The Sports Motivation Master Plan* Lee Ness, 2015-01-29 To reach the top in sport takes something special, but as well as talent you also need the right approach, the right mindset, the right plan. Lee Ness' Sports Motivation Master Plan helps you create your own route map to success. From picking your dream and learning from the greats through getting motivated and dealing with obstacles, the Master Plan is there for you no matter what your sport. If you want to be the best in your sport, no matter what it is, then you need the Sports Motivation Master Plan. What people are saying about The Sports Motivation master Plan The Sports Motivation Master Plan by Lee Ness is a book I wish I had been able to get my hands on as a developing athlete. Through the book, Lee provides advice on a wide variety of topics that will be useful to developing athletes, their parents, and their coaches. Right from the beginning, Lee provides a framework for selecting a sporting goal, and then discusses how to achieve this goal. The book looks in depth at how to get the best out of yourself through a range of physical and mental techniques, including an in-depth discussion of The Zone and how to get there, how to turn weaknesses into strengths, and mind games. Essential reading for anyone that wants to reach their sporting potential." - Craig Pickering, Olympic Sprinter "Lee Ness' book, The Sports Motivation Master Plan, fills the gap between coach and parent, helping young athletes and their parents understand what they need to do to reach the top of their sport. In a way, it's a route map to success. If you are interested in performing at the highest level, I highly recommend The Sports Motivation Master Plan" - Jimson Lee, SpeedEndurance.com Lee draws on his experiences and with chapters such as motivation, sacrifice, self-evaluation and turning your weaknesses into strengths, the book is effectively an action plan for success. - Jason Henderson, Athletics Weekly

eric thomas motivational speaker biography: *Current Biography*, 2001

eric thomas motivational speaker biography: *A Marginalized Voice* Reginald Williams, 2020-03-19 The downpour of death and destruction flooding that life path of Black boys makes them prime candidates to be placed on the Endangered People's List. To be young, Black, a male, and muted is a recipe for living with an emotional and potentially a mental disorder. Too often blinded by frustration, Black boys are angry, confused, and disconnected. Like pain, calling attention to illness in the body, *A Marginalized Voice* draws attention to systemic harmful practices and social ills. Many practitioners (parents, educators, program personnel, and health professionals) believe they are providing well-meaning solutions for those struggles faced by Black boys. More often than not, most fail to understand the vicious cycle Black boys struggle to escape. *A Marginalized Voice* uncovers

those deleterious practices authored by well-meaning supporters whose actions contribute to the pathology dependence many Black boys find themselves locked in. The book illuminates the invisible chains of marginalization used to trap Black boys. Reginald Williams uses real-life chronicles to deliver the sobering truth about practices and principles paralyzing Black boys. The narrated stories represent the only empirical data needed to educate the miseducated. A Marginalized Voice challenges claimed leaders to step forward and educate themselves on the depth of the complex issues. It pushes leaders to be brazen enough to collaboratively forge forth to facilitate the change needed to impact the lives of Black boys. The abolitionist Frederick Douglass said: It's easier to build strong children than repair broken men. A Marginalized Voice begins the process of building strong Black boys; it's the start of a conversation that will push for a movement so that the world will see and hear Black Boys Speak.

eric thomas motivational speaker biography: America's Public Philosopher John Dewey, 2021-01-12 John Dewey was America's greatest public philosopher. His work stands out for its remarkable breadth, and his deep commitment to democracy led him to courageous progressive stances on issues such as war, civil liberties, and racial, class, and gender inequalities. This book collects the clearest and most powerful of his public writings and shows how they continue to speak to the challenges we face today. An introductory essay and short introductions to each of the texts discuss the current relevance and significance of Dewey's work and legacy. The book includes forty-six essays on topics such as democracy in the United States, political power, education, economic justice, science and society, and philosophy and culture. These essays inspire optimism for the possibility of a more humane public and political culture, in which citizens share in the pursuit of lifelong education through participation in democratic life. The essays in America's Public Philosopher reveal John Dewey as a powerful example for anyone seeking to address a wider audience and a much-needed voice for all readers in search of intellectual and moral leadership.

eric thomas motivational speaker biography: Current Biography Yearbook, 2001 Presents biographical articles about living leaders in all fields of human accomplishment throughout the world; arranged alphabetically with a cumulative index to the January 2001-November 2001 issues, as well as an index of professions.

eric thomas motivational speaker biography: The Reinvention Formula Craig Siegel, 2023-08-15 WALL STREET JOURNAL BESTSELLER USA TODAY BESTSELLER Reinvention is ready when you are In The Reinvention Formula: How to Unlock a Bulletproof Mindset to Upgrade Your Life, accomplished speaker and performance coach Craig Siegel walks you through the exciting process of fundamentally redefining your identity and how you choose to show up in the world. In the book, you'll find a new level of clarity, feel more worthy, learn to grow from failure and pivot successfully, find what sets your soul on fire, and commit to changing the course of your life and finding the fulfilment you've been missing. The author explores lasting lessons, stories, and strategies drawn from his popular The CLS Experience podcast where he has interviewed countless celebrities, athletes, thought leaders, and bestselling authors. The material within is raw, real, and relatable to anyone, from any background, and in any industry. You'll also find: Strategies for eliminating negative, unproductive thoughts and replacing them with constructive new beliefs that drive incredible results in your personal and professional lives Ways to balance making an impact, earning a lucrative living, and cultivating a new mindset Methods for reimagining how you present yourself to other people The Reinvention Formula is a step-by-step walkthrough for anyone ready to put in the effort to completely reimagine how they relate to the world around them.

eric thomas motivational speaker biography: Strathmore's Who's Who, 2000-2001 Strathmore Directories, Limited, 2001-05

eric thomas motivational speaker biography: Yearbook of Experts, Authorities & Spokespersons 2022 Edition Mitchell P. Davis, 2022-07-12 The Yearbook of Experts, Authorities & Spokespersons started in 1984 as the Talk Show Guest Directory. Mitchell P. Davis won the Georgetown University Bunn Award for Excellence in Journalism and graduated from their business school. Started his PR business in 1984 with publication of the Talks Show Guest Directory. Served

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