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The Big Book of Motivation Games

By Robert Epstein, Jessica Rogers



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This addition to the best-selling Big Book of Business Games Series is packed with over 40 original games and exercises managers can use to motivate their teams?and themselves. The Big Book of Motivational Games presents managers with a variety of games that can be customized to suit their specific needs and group size. The book provides games designed to: - Stop Procrastination - Beat burnout - Fight boredom - Boost performance - Overcome failure



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Editorial Review

From the Back Cover

Behind these motivation boosting games the experience and creativity of one of the world's leading experts on behavior!

Did you know that...

- Disorganization is one of life's major sources of stress and motivation killers?
- Anonymity is one of the greatest factors in motivating uninhibited creativity?
- Will power is poor tool for achieving motivation *skill power* is a much more effective approach!

For managers, leaders, and individuals seeking to motivate their teams or themselves here is a light-hearted book of games that are based on rigorous behavioral research, not just hype. Written by Dr. Robert Epstein, editor-in-chief of *Psychology Today* magazine and a Harvard-trained psychologist, this collection includes dozens of fast, simple games and exercises, as well as two unique tests that you can use to measure your "motivation competencies" and select the games you need the most. The energy-enhancing games help participants to:

- Jump-start personal as well as team motivation
- Use color to boost mood and energy
- Create a motivational environment
- Fight boredom and burnout
- Boost performance
- Overcome failure
- Stop procrastination
- And much more!

About the Author

Dr. Robert Epstein is Editor-in-Chief of *Psychology Today*, host of the magazine's nationally-syndicated radio show, and University Research Professor at United States International University. Dr. Epstein holds a Ph.D. from Harvard and his research has been reported in *Time*, *The New York Times*, and *Discover*. His popular articles have appeared in *The Washington Post* and *Reader's Digest*.

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