



Motivation in a Minute

Jerald Simon

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Motivation matters! We all need to hear words of encouragement to remind us of what matters most in life. We can, if we let ourselves, become distracted with work, schedules, meetings, deadlines, hobbies, social media and hundreds of other seemingly good and important activities. We have advanced and improved so much in so many areas of life that we have been pushed to become busier instead of truly simplifying our lives. Our calendars are booked with endless appointments and we often go from one event to the next with little or no down time in between. Our day to day schedules have often become more of a distraction to us and often cause us more stress, worry, guilt, and anxiety than they should. It is time to simplify our lives, scale back if we need to, and refocus and recommit to our purpose and mission in life. We must dare to live our dreams and do what we have always wanted to but never knew how.

Motivation In a Minute is a collection of Motivational Messages written by Jerald Simon to help others find their purpose and mission in life. These vignettes are meant to be short inspirational thoughts and ideas designed to help others think about where they are in life and where they would like to go, what they would like to do, accomplish, and become. The book is presented with a motivational picture on each even numbered page of the book, and an accompanying quote that is followed up with questions, tips, ideas, suggestions, and thoughts to think about on each odd numbered page of the book.

"My purpose and mission in life is to motivate myself and others through my music and writing, to help others find their purpose and mission in life, and to teach values that encourage everyone everywhere to do and be their best."

- Jerald Simon

Jerald's Bio:

First and foremost, Jerald is a husband to his beautiful wife, Zanny, and a father to his wonderful children. Jerald Simon is the founder of Music Motivation® (musicmotivation.com). He is a composer, author, poet, and Music Mentor/piano teacher (primarily focusing his piano teaching on music theory, improvisation, composition, and arranging). Jerald loves spending time with his wife, Zanny, and their children. In addition, he loves music, teaching, speaking, performing, playing sports, exercising, reading, writing poetry and self help books, and gardening. Jerald created musicmotivation.com as a resource for piano teachers, piano students, and parents of piano students. In 2008 he began creating his Cool Songs to help teach music theory – the FUN way by putting FUN back into theory FUNdamentals. Jerald has also filmed hundreds of piano lesson video tutorials on his YouTube page (youtube.com/jeraldsimon). He is the author/poet of “The As If Principle” (motivational poetry), and the book “Perceptions, Parables, and Pointers.” Jerald is also the author of 21 music books from the Music Motivation® Series and has also recorded and produced several albums and singles of original music.

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