

# **Anthony Robbins / Get The Edge - Day 1 - Your Hour Of Power**

tracks: 8

total time: 79:22

year: 2000

genre: Other

ids: misc / 77129808

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1. 12:19 **01/1 Welcome To Get The Edge**
  2. 17:19 **01/2 How To Use This Program**
  3. 11:13 **01/3 The Art Of Fulfillment**
  4. 3:52 **01/4 Emotion Comes From Motion**
  5. 8:26 **01/5 The Power Of Physiology**
  6. 6:30 **01/6 Focus, Beliefs And Language**
  7. 2:36 **01/7 Tap Into Your Awareness**
  8. 17:05 **01/8 Give Yourself The Gift Of Time**
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# **Anthony Robbins / Get The Edge - Day 2 - Disc 1 - Results Workshop**

tracks: 8

total time: 60:57

year: 2000

genre: Other

ids: misc / [5b0e4708](#)

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1. 6:52 **02/1 Success Leaves Clues**
  2. 3:00 **02/2 The Three Reasons We Don't Change**
  3. 3:16 **02/3 Exercise: How We Rationalize**
  4. 6:44 **02/4 Overcoming Rationalization**
  5. 7:23 **02/5 Creating An Effective Strategy**
  6. 7:45 **02/6 Conscious Change: Steps 1-2**
  7. 10:08 **02/7 Exercise: Let's Get Honest**
  8. 15:47 **02/8 Step 3: Create An Action Plan**
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# **Anthony Robbins / Get The Edge - Day 2 - Disc 2 - Results Workshop**

tracks: 8

total time: 59:49

year: 2000

genre: Other

ids: misc / [710e0308](#)

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1. 4:53 **03/1 Step 4: Uncover Limiting Beliefs**
  2. 13:27 **03/2 Changed Beliefs, Changed Lives**
  3. 11:19 **03/3 Josh's Transformation**
  4. 3:31 **03/4 Exercise: Discover New Beliefs**
  5. 6:14 **03/5 Step 5: Set Yourself Up To Win**
  6. 2:02 **03/6 Exercise: Enhance The Experience**
  7. 5:37 **03/7 Step 6: Take Massive Action**
  8. 12:44 **03/8 Step 7: The Seventh Power**
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# **Anthony Robbins / Get The Edge - Day 3 - Disc 1 - Power Of Relationships**

tracks: 8

total time: 71:06

year: 2000

genre: Other

ids: misc / [6c10a808](#)

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1. 12:41 **04/1 Find The Gap: Where Are You Now?**
  2. 6:57 **04/2 The Secret To Handling Upsets**
  3. 7:20 **04/3 The Purpose Of Relationships**
  4. 6:11 **04/4 A Place To Give, Not To Get**
  5. 7:31 **04/5 Every Person's Primary Fears**
  6. 4:09 **04/6 Resolving Relationship Conflicts**
  7. 12:52 **04/7 Exercise: The Gift Of Love**
  8. 13:21 **04/8 The Importance Of Selection**
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# **Anthony Robbins / Get The Edge - Day 3 - Disc 2 - Power Of Relationships**

tracks: 8

total time: 70:59

year: 2000

genre: Other

ids: misc / [5f10a108](#)

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1. 4:23 **05/1 How To Make The Right Selection**
  2. 13:23 **05/2 Exercise: Define The Ideal Mate**
  3. 4:46 **05/3 Samples From The Studio**
  4. 6:41 **05/4 Exercise: Rate Your Partner**
  5. 4:16 **05/5 The Four Rs Of Ruined Relationships**
  6. 14:15 **05/6 Making The Hardest Decisions**
  7. 3:29 **05/7 An Action Plan For Relationships**
  8. 19:44 **05/8 A Single Person's Marketing Plan**
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# **Anthony Robbins / Get The Edge - Day 4 - Pure Energy Live!**

tracks: 8

total time: 74:40

year: 2000

genre: Other

ids: misc / [55117e08](#)

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1. 6:50 **06/1 The Secret To Lasting Energy**
  2. 11:44 **06/2 New Facts On Germs And Illness**
  3. 17:03 **06/3 The Acid-Alkaline Balancing Act**
  4. 11:22 **06/4 Regaining Balance: Tony's Story**
  5. 4:58 **06/5 Alkalize And Energize**
  6. 7:46 **06/6 How We Get Out Of Balance**
  7. 7:37 **06/7 The Three-Step Cycle Of Balance**
  8. 7:17 **06/8 Sean's Wish: A New Prognosis**
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# **Anthony Robbins / Get The Edge - Day 5 - Power Of Emotions**

tracks: 8

total time: 70:40

year: 2000

genre: Other

ids: misc / [68108e08](#)

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1. 7:44 **07/1 Understanding Your Emotions**
  2. 2:54 **07/2 Exercise: Hoping Vs. Expecting**
  3. 8:29 **07/3 Every Emotion Carries A Message**
  4. 9:40 **07/4 Mastering Emotions: Steps 1-2**
  5. 17:31 **07/5 Decoding The Ten Action Signals**
  6. 5:40 **07/6 Mastering Emotions: Steps 3-6**
  7. 8:34 **07/7 Ten Power Emotions**
  8. 10:04 **07/8 Start Using The 6 Steps Now!**
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# **Anthony Robbins / Get The Edge - Day 6 - Financial Freedom**

tracks: 8

total time: 73:42

year: 2001

genre: Vocal

ids: misc / [6a114408](#)

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YEAR: 2001 ID3G: 28

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1. 4:25 **Moving Beyond Scarcity**
  2. 18:41 **The Road To Abundance: My Story**
  3. 10:15 **The Power Of Compounding**
  4. 10:00 **Pay Yourself First: Invest 10%**
  5. 13:08 **"Three Bucket" Asset Allocation**
  6. 9:01 **Twelve Financial Traps To Avoid**
  7. 6:56 **How To Be Wealthy Right Now**
  8. 1:13 **Decide, Deduct, And Dare To Dream!**
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# **Anthony Robbins / Get The Edge - Day 7 - The Purpose Of Life**

tracks: 8

total time: 73:27

year: 2000

genre: Other

ids: misc / [58113508](#)

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1. 6:04 **09/1 The Joy Of Knowing Your Purpose**
  2. 14:57 **09/2 Three Decisions Shape Your Life**
  3. 14:03 **09/3 Cecil's Story: A Radiant Example**
  4. 4:30 **09/4 Your Purpose In Life Is Up To You**
  5. 7:05 **09/5 How Do We Lose The Game Of Life**
  6. 4:29 **09/6 Seven Strategies Used By Winners**
  7. 11:10 **09/7 Exercise: What Is Your Purpose?**
  8. 11:06 **09/8 Lose A Dream, Find Your Destiny**
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