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|  | Education Professor Helps Solve Mystery of Motivation | UCF interview | <http://today.ucf.edu/ucf-education-professor-helps-solve-the-mystery-of-motivation/> |
|  | Understanding Motivation | Podcast | <http://kyledavies.net/e25-understanding-motivation-with-dr-bobby-hoffman/> |
|  | UCF professor's book teaches students to self-motivate | Newspaper Interview | <http://www.centralfloridafuture.com/story/news/2015/08/24/ucf-professor-book-teaches-students-self-motivation/32280083/> |
|  | Rest Stop Hack | YouTube | <https://www.youtube.com/watch?v=MzsiCx4oexQ> |
|  | Option Hack | YouTube | <https://www.youtube.com/watch?v=YXii3YD1Dm0> |
|  | Reality Hack | YouTube | <https://www.youtube.com/watch?v=BcjFdfAxrQY> |
|  | Vision Hack | YouTube | <https://www.youtube.com/watch?v=fxo1XfLxQ_M> |
|  | Feedback Hack | YouTube | <https://www.youtube.com/watch?v=i_o69q1nJ5U> |
|  | Helper Hack | YouTube | <https://www.youtube.com/watch?v=YveWIfrLXI4> |
| 1. B | Bridge Hack | YouTube | <https://www.youtube.com/watch?v=QzlFPmGKH_c> |
|  | Milestone Hack | YouTube | <https://www.youtube.com/watch?v=8ru9R8eYdGo> |
|  | Reframing Hack | YouTube | <https://www.youtube.com/watch?v=wFs7yZ4bKzk> |
|  | Double-Dipper Hack | YouTube | <https://www.youtube.com/watch?v=KoJZzJh9CCE> |
|  | Anti-Power Hack | YouTube | <https://www.youtube.com/watch?v=RjHMy2T6qII> |
|  | Competence Hack | YouTube | <https://www.youtube.com/watch?v=UWQm1BZrIB0> |
|  | Beholder Hack | YouTube | <https://www.youtube.com/watch?v=GZVLE3D0G0A> |
|  | Humility Hack | YouTube | <https://www.youtube.com/watch?v=BywYKsT_yUg> |
|  | Social Identity Hack | YouTube | <https://www.youtube.com/watch?v=6C_zpsHG6i4> |
|  | Investment Hack | YouTube | <https://www.youtube.com/watch?v=AeD4gYQVUMs> |
|  | Belief Hack | YouTube | <https://www.youtube.com/watch?v=Pmbvfst3tE4> |
|  | Selling Hack | YouTube | <https://www.youtube.com/watch?v=BEdHop-WVn0> |
|  | Calibration Hack | YouTube | <https://www.youtube.com/watch?v=tZPisNB_bsY> |
|  | Wake Up Hack | YouTube | <https://www.youtube.com/watch?v=Bf5DjqoYOcQ> |
|  | Integration Hack | YouTube | <https://www.youtube.com/watch?v=PHIrREpUSWQ> |
|  | Coach Hack | YouTube | <https://www.youtube.com/watch?v=VLBtU64wSaA> |
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|  | Dr. H interviews Nick Lowery | YouTube | <https://youtu.be/es3PjsqCBWc> |
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|  | Dr. H interviews Alec Torelli | YouTube | <https://youtu.be/4qhFbhr2Y0A> |
|  | Dr. H interviews Darren Soto | YouTube | <https://youtu.be/-CH6o-100Fo> |
|  | Dr. H interviews Alexis Dixon | YouTube | <https://youtu.be/VlGax1lx_Js> |