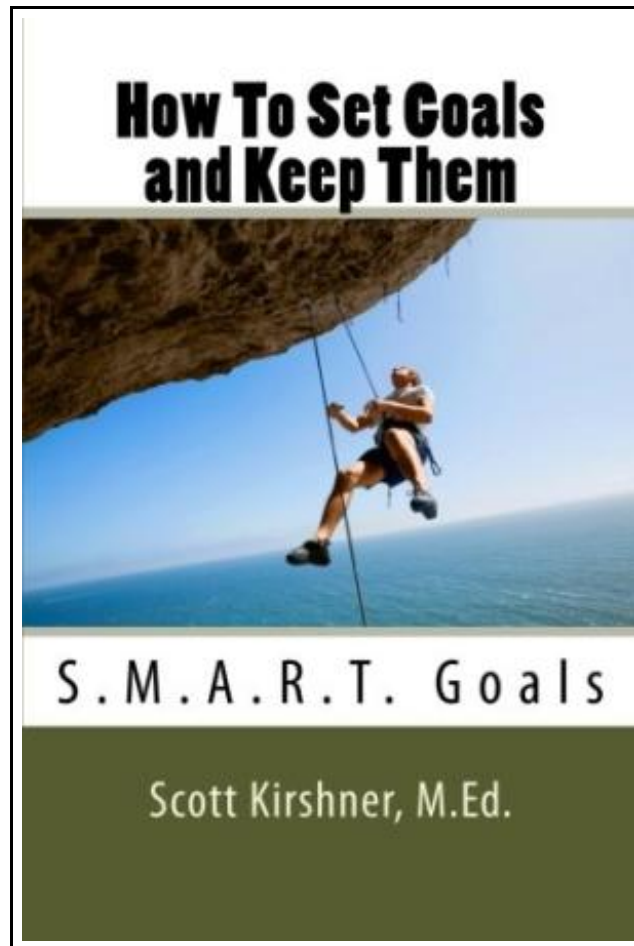


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. How To Set Goals and Keep Them by Scott Kirshner, M. Ed. provides a simple and highly effective method for setting goals in a manner that is well defined using a step-by-step process. Additionally, information is provided on why most people fail at the goals they set for themselves and ways to avoid these pitfalls. Whether you want to: Get in shape, eat healthier, be a better parent, quit smoking, stop abusing drugs or alcohol, complete your education, etc. this book will guide you towards achievement and success. This concise book gets to the point, is focused, and stays on topic. It avoids the theoretical and academic psychological information relating to goals and motivation that ends up overwhelming many readers. How To Set Goals and Keep Them covers the following: - The Power of Goals - Why Goals Fail - How to write goals using the S. M. A. R. T. Goals method with detailed examples - Motivation - Self-Talk - Thought-Stopping to Neutralize Negative Self-Talk - Techniques to Keep You on Track Setting goals is like climbing a mountain. At first it seems daunting. You quickly understand the need for developing a plan. You may have a setback along the climb that requires you to take a separate route. But, with discipline, perseverance, and a clear plan you can get to the top of the mountain. It is possible. How To Set Goals and Keep Them will provide you with the knowledge you need to clearly define your goals and successfully reach your potential. No more excuses, delays, or procrastination. Now is the time to stop thinking about what you want and time to start writing your...

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