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This book is a clear, concise, and easy to follow guide that shows you step-by-step how to set and achieve any goals. It gives you powerful, time-tested, and proven methods to help you transform yourself and life.

Whether you lack direction, seem unsure, need guidance, are searching, or you simply feel frustrated and would like some sort of change, the information in this book can steer you in the right direction. A direction that can eliminate confusion about what you want and how to get it faster than you think possible.

- Sales Rank: #537140 in eBooks
- Published on: 2012-09-01
- Released on: 2012-09-01
- Format: Kindle eBook

Most helpful customer reviews

5 of 5 people found the following review helpful.

Practical, Realistic Guidance

By Karina Azul

I really enjoyed this book. I found it to be one of the better ones on the topic of Goal Setting. Other goal setting books I've read simply talk about the whys of setting goals, without really taking into consideration everything that is involved in the process. They make the mistake of thinking that creating a goal is the equivalent of achieving it. Unfortunately, that is not reality.

To successfully achieve anything, you need to be in touch with your inner drives and motivators. You also need to understand the things that are going to get in your way. There are real challenges, both internal and external, that exist. It helps to be aware of these obstacles and be prepared to manage them.

This author recognizes that. He takes a functional, realistic approach to setting goals. He doesn't pump you with superficial feel good dialogue that in my opinion only motivates you for the short term. Instead he provides compelling reasons for why you should set goals and guides you through the process. In the process, he helps you figure out what truly fulfills you and shows you how to break down and analyze those fulfillments to give yourself the best chance of success.

What's unique about this book is how the content is structured. It is presented such that you are walked through the goal setting steps as you read. So by the time you are done, you've figured out fundamental things about yourself and set some worthwhile goals. This way you spend less time reading and more time doing.

Not to mention, this is a comfortable and easy read. It is not drawn out nor difficult. The author does an exceptional job of keeping the content concise. Although concise, there is plenty of meaningful insight.

Some you may already know, but worth reading as it reinforces your thinking to follow it through.

All in all, this book is a great resource for anybody, in any stage in their life. It will be particularly useful for students uncertain of their future plans, adults who feel they've made the wrong choices, or anyone who wants more out of life, but not sure of what or how to go about doing it.

Great read, was an eye-opening experience.

4 of 4 people found the following review helpful.

Eye Opening

By Jules Schmeid

I found this book to be helpful, but beyond that, it was refreshing. There are so many books written on "Goal Setting" and achieving your goals. The best analogy I can come up with is, when I buy a car. Most salespersons will try to sell me on its color, how it will look in the driveway, what my neighbors will say, and all the superficial stuff. That does not work for me. I want to talk to the man or woman who can tell me why the car works so well. That is who gets my attention.

This author is like that knowledgeable salesperson, taking the premise of setting goals, and breaking it down to make it applicable. After reading this book, I understand that setting goals is the engine that drives us. The most important precept for me was the author's premise that goals cannot be spoken into existence; they must be defined and analyzed. Fortunately, the message is conveyed in a way that is light and entertaining. My expectation was five chapters in the lecture hall, but for me, the information seemed to end before my interest waned.

The book is also buoyed with interesting quotes from notably successful men and women. J.C. Penny's quote of "Give me a stock clerk with a goal..." has changed my approach to life. The author has an uncanny knack for saying so much in just a few short words. That is what made this such an extraordinary read. His analogy of trying to accomplish one's goal to trying to find one's way out of a maze, will resonate with readers of all ages and lifestyles. This book will pass through your whole family. Of course, a teenage boy will see it much differently from his 30-something mother, but they will both get the same benefits for their reading.

The author does a good job in helping one to recognize their fear of failure and fear of success, I now know that both have paralyzing results. The author clearly understands what make us tick, and more importantly, what makes us stop ticking. A whole segment is devoted to going off course. The great separator for this book is that every problem identified has a common and straightforward resolution. Again, the author is not filling our mind with visions of sugarplums...he is giving us the core of the substance.

Two final and important points, the author explains that we should be sure to reward ourselves. The reader will come to understand that more often than not, we are our own worst taskmaster. Just as those on severe and restrictive diets are sure to fall under such heavy commission, so does the man or woman who fails to enjoy the achievement of his or her goals. In conclusion, if you truly desiring to make a change in your life, your next appointed goal should be to purchase this book. Then, take that first step towards change, and read this book. Nothing is free, but a lifetime of change never seemed so reasonably priced.

3 of 3 people found the following review helpful.

A Well-Written Book that Kept Me Interested the Whole Way Through!

By M. A. Cook

I have never before read a self-help, or "how to" book that kept my interest all the way to the end. This book is extremely well written and offers a new perspective to setting and attaining goals. I found myself relating to the provided situations as well as filling in the blanks with my own personal issues. The quotes at the

beginning of each chapter are a nice touch as well. They, themselves, make you stop and think. My favorite quote in the book is, "Change is not an event, but a process."

All of my life, even in college, I was taught that goal setting was for things desired in the distant future. This author obviously knows better, and everything written in this book makes perfect sense. This is an awesome guide of how to get where you want to be by following simple, sensible steps that actually are attainable. After reading, I found myself thinking about how I can break down my own goals to move forward in achieving success in a shorter amount of time.

It really was a coincidence that I came across it at a time when things were taking a huge, unexpected turn in my professional life. I now have some "new" knowledge for the road ahead, and I plan to use it to my advantage.

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