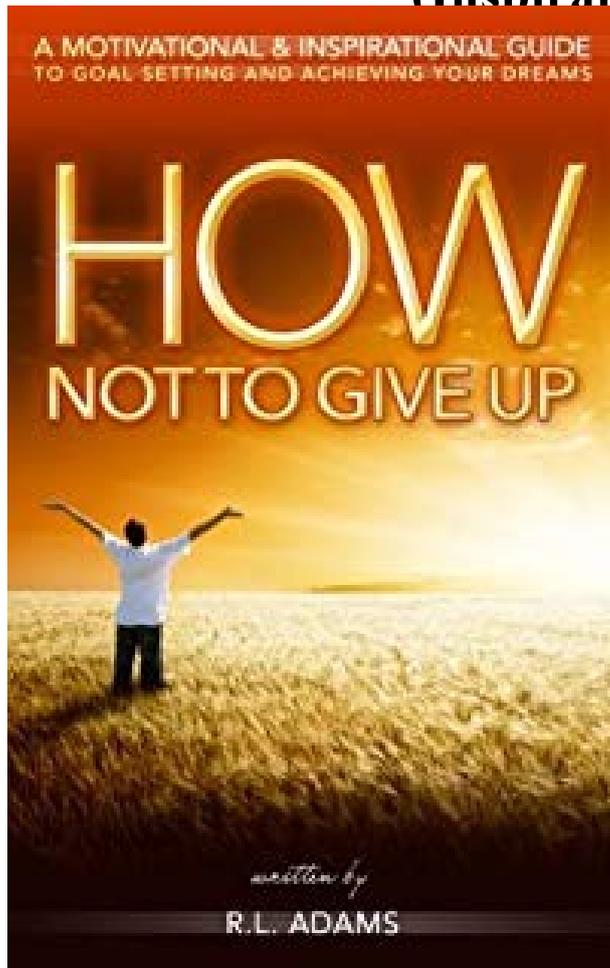


How Not to Give Up - A Motivational & Inspirational Guide to Goal Setting and Achieving your Dreams (Inspirational Books Series)



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[How Not to Give Up - A Motivational & Inspirational Guide to Goal Setting and Achieving your Dreams \(Inspirational Books Series\).pdf](#)

[How Not to Give Up - A Motivational & Inspirational Guide to Goal Setting and Achieving your Dreams \(Inspirational Books Series\).epub](#)

An Inspirational Guide to Goal Setting How Not to Give Up on your Goals in Life *** Listed as Top 5 Summer Business Reads by Forbes "If you are looking for an example of a book that has gone viral, this is it. Certainly 'populist,' this book struck a cord with readers and those looking to put their goals into practice.

One of the best aspects of this book is it helps you see paths to fulfilling your dreams, instead of just stirring you to change. Good read for those who want to leave the beach in better spirits than when you found it." -- Todd Wilms *** Now Available in Spanish - ASIN: B00F8LJZI4 *** Each one of us who are living, breathing, and walking on this earth has a set of goals that we harbor deep down inside. These goals were either the product of passive or active goal setting. But what defines and shapes the difference between the person that can go out there and achieve their goals and the ones who throw in the towel and give up at the slightest sign of resistance? This self help book on goal setting illuminates the need for defining your goals the right way. By now, you know that there are a lot of people out there looking for self help books that will

inspire and motivate them to achieve their dreams in life. In this brief motivational self help book you will not only learn about goal setting , but you'll also learn about other self help strategies to living a more stress free goal oriented life. Here are some of what you'll uncover in this book: The meaning of goals and what we attribute to them that can shape and define how actively we pursue them. How to find a strong enough reason why you want to achieve your goals and how this can have a profound impact on not giving up. How to identify limiting behaviors and how to eradicate them from your life.

. Goal setting workshop to setting your goals using the principles of this guide. How to identify and eliminate the 10 different stressors in our lives. The five steps to taking massive action and what you can do right now to start in the pursuit of any of your hopes and dreams. The four magical ingredients to achieving your goals.

How to mirror success to find and copy those who have succeeded that have come before you.. and more.... After you buy this book and read it you'll realize the power and potential for your success through the simple act of goal setting and following through by taking massive action. .