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GOAL SETTING MASTERY: BRIDGING THE ACT OF GOAL SETTING TO THE LIFE OF YOUR DREAMS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Just a few years ago, I was a dabbler, a wanderer - a person devoid of any internal sense of purpose. Many times I had promised myself that I would not settle in life for anything less than what I believed I deserved. But, time and time again, those promises were not kept. I was unable to keep my word with the person that mattered the most: myself. I had finally had enough. I decided to learn once and for all how to create lasting change in my life. I read all the books, went to all the seminars, talked to all the self-help gurus I could find in search of information. Applying what I learned from this search made all the difference. I will summarize it all in two points: First, any process of lasting change begins first as a goal or definite destination that you must push yourself to reach. And no, this is not what you've always done. Goal setting is an art that very few have mastered. Second, the only thing that may guarantee your attainment of any goal is mindset. Developing a Mastery Mindset will lay the foundation for any goal worth achieving. This book is not a quick fix, but rather a permanent solution. It is a solution that will work at an outer level with a step by step procedure to narrow down your goal; and will work at an inner level by restructuring thought patterns, limiting beliefs and establishing a sense of purpose. I invite you to go for mastery. Read and apply what you'll find in this book, and before you know it, you'll be centered, driven, and closer to...



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