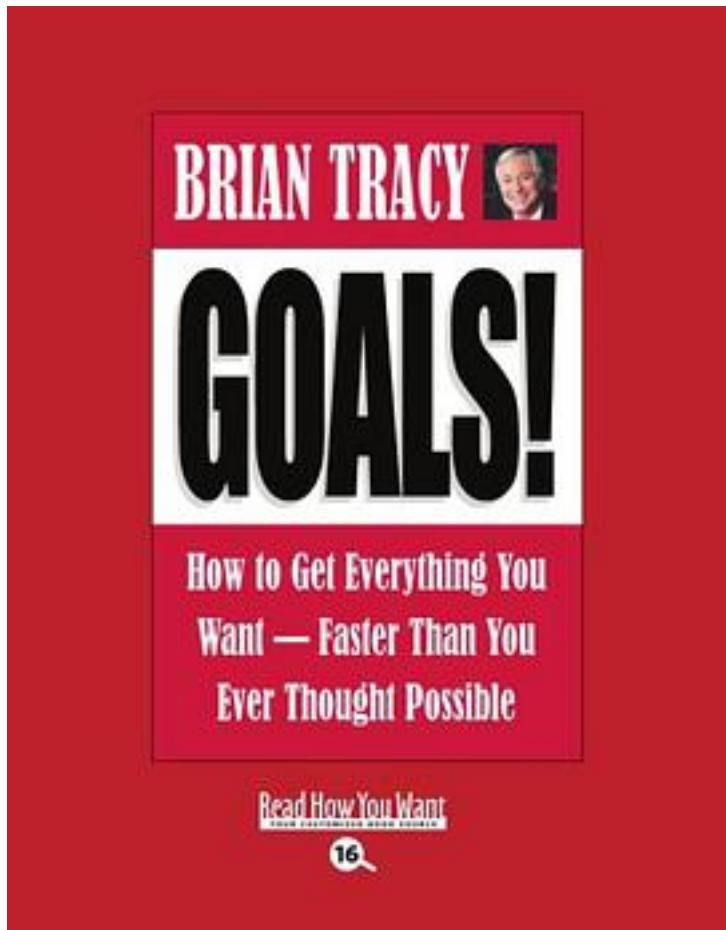


Goals!



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著者:Brian Tracy

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Based on more than 20 years of experience and 40 years of research, this book presents a practical, proven strategy for creating and meeting goals that has been used by more than 1 million people to achieve extraordinary things in life. Author Brian

Tracy explains the seven key elements of goal setting and the 12 steps necessary to set and accomplish goals of any size. Using simple language and real-life examples, Tracy shows how to do the crucial work of determining one's strengths, values, and true goals. He explains how to build the self-esteem and confidence necessary for achievement; how to overpower every problem or obstacle; how to overcome difficulties; how to respond to challenges; and how to continue moving forward no matter what happens. The book's "Mental Fitness" program of character development shows readers how to become the kind of person on the inside who can achieve any goal on the outside.

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标签

自我提高

战略

Self-Improvement

Motivation

评论

他的绝大多数理智的书，都很对我胃口，我觉得根本上是性格相似，然后生活工作的经历，让我知道，他说的那个道理，是合乎逻辑的。

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书评

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