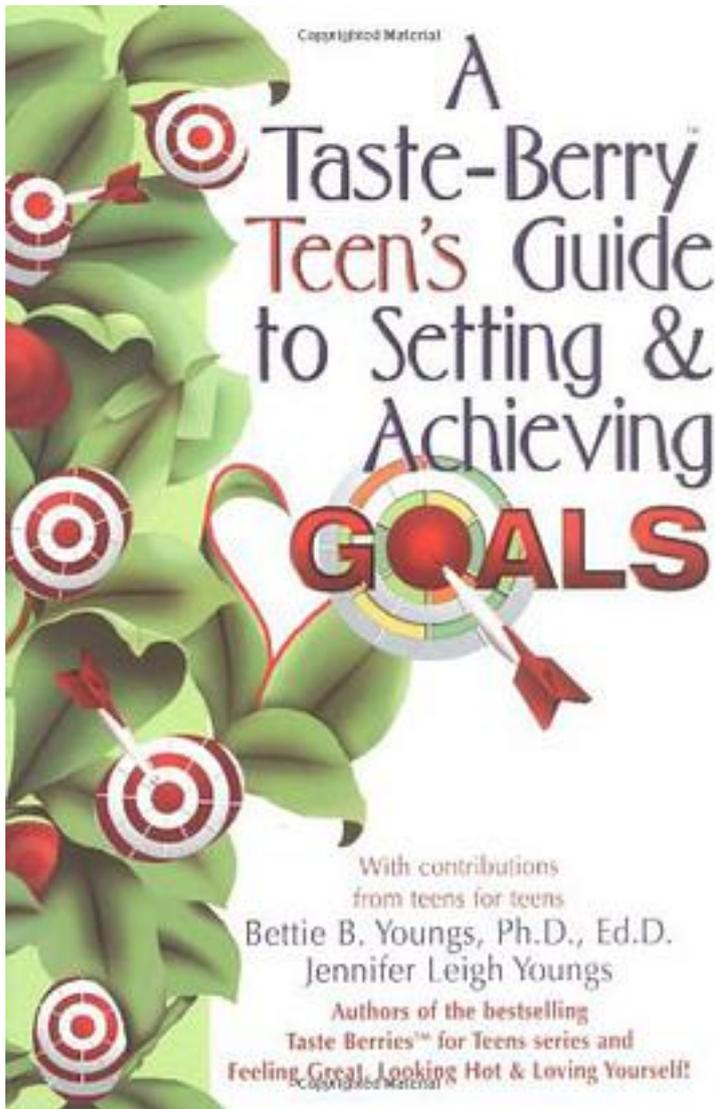


A Taste-Berry Teen's Guide to Setting & Achieving Goals



[A Taste-Berry Teen's Guide to Setting & Achieving Goals_下载链接1](#)

著者:Youngs, Bettie B. (EDT)/Youngs, Jennifer Leigh (EDT)

出版者:Hci

出版时间:2002-9

装帧:Pap

isbn:9780757300400

An exciting new volume filled with stories, commentary and advice by teens (ages twelve through twenty) who tell of their experiences and share their ideas about setting and achieving goals As most taste-berry teens know, goals spell the difference between wishful thinking and making things happen. Setting goals and reaching them are the keys to making teens' lives purposeful, worthwhile and filled with happiness. For all teenagers-from master goal-setters to beginners with no idea where to start-this step-by-step guide shows how to: OLLIDiscover what their personality, aptitudes and hobbies reveal about them LIDetermine if they are dreaming "big enough" LIIIdentify goals in nine areas of life LISet long- and short-range goals for today, tomorrow and the future LIDevelop a plan of action to achieve goals LIBreak goals into manageable monthly, weekly and daily "to-dos" LIRemove obstacles that stand in the way of achieving goals LILearn ways to encourage, coach and inspire themselves to reach their goals/OL Divided into five units, each opens with A Message from the Authors, followed by a story by a teen. A specific concept or skill is then presented along with a "Virtual Practice" section where teens are given the chance to apply what they've learned-actually identifying, setting and charting out how to achieve their goals. Teens will gobble up this latest volume of taste-berry advice

作者介绍:

目录:

[A Taste-Berry Teen's Guide to Setting & Achieving Goals_ 下载链接1](#)

标签

美国小说

小说

外国文学

评论

[A Taste-Berry Teen's Guide to Setting & Achieving Goals_ 下载链接1](#)

书评

[A Taste-Berry Teen's Guide to Setting & Achieving Goals_ 下载链接1](#)