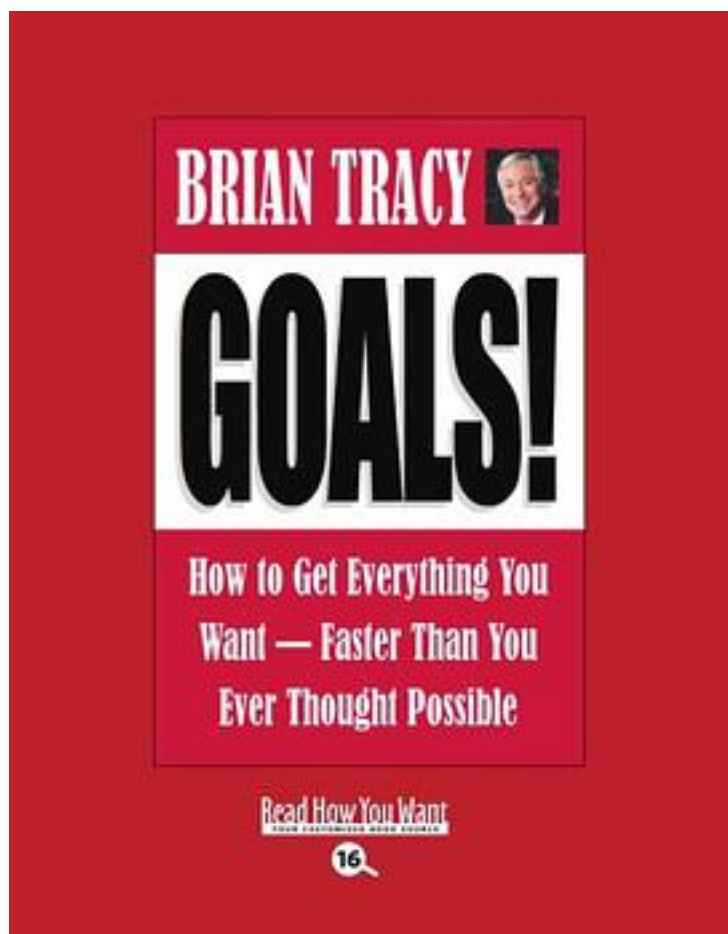


Goals!



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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 completely updated practical, and proven strategy for creating and meeting goals that has been used by more than 1 million people already in its first edition.

Author Brian Tracy again explores the seven key elements of goal setting and the 12 steps necessary to set and accomplish goals of any size. Using his trademark 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 further 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. In this revised and expanded second edition Tracy has added three new chapters addressing areas in which goals can be most rewarding but also the toughest to set and keep: finances, family, and health. "Goals!" breaks through the fog of contradictory ideas on goal setting and provides a proven system for achievement that you will be able to use for the rest of your life.

作者介绍:

Brian Tracy is one of the top management consultants, trainers, and speakers in the world. He took himself from rags to riches using precisely the methods explained in this book. He addresses more than 250,000 people worldwide each year, and has served as a consultant and trainer for more than 1,000 corporations, including IBM, Ford, McDonnell Douglas, Xerox, Hewlett Packard, US Bancorp, Northwestern Mutual, Federal Express, and many others. He is the author of 50 books that have been translated in 38 languages, and more than 500 audio programs.

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成功学

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Success

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DeepPatel推荐

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。

Finish it after the exam.

2012/1/23读完

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书评

看在博恩·崔西也姓崔的份上，给四颗星评价。
正如我前几天在blog上说的那样，这本书的核心思想完全可以用一个题目来描述：aim(action)-driven personal management。
到目前为止，我还没见过第二本书对目标有如此高的评价。崔西老大完全把目标当成他一心追求的MM来重视了。 ...

读了修订版之后，其实内容和上个版本差不多，但是我对照了自己的言行，其实我的这两年的工作和生活并没有严格按照书上说的来做，我要反省自身，可能到下个版本推出的时候，我还是要看，对照自己，是不是成功。
1、认定目标，坚持到底。可能是这本书最重要的观点。这两年，经济...

以前读过陈安之的书，而博恩应该是更本源一些的，所以，书中说的很直白，有很深的感悟，特别是这两年来的工作经验，从不同的角度看问题，确实有很好的借鉴意义。以下主要为摘录。

1、升职的两项重要因素：区别不同工作的重要程度、筛选能力；尽快完成任务的能力。
2、你...

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