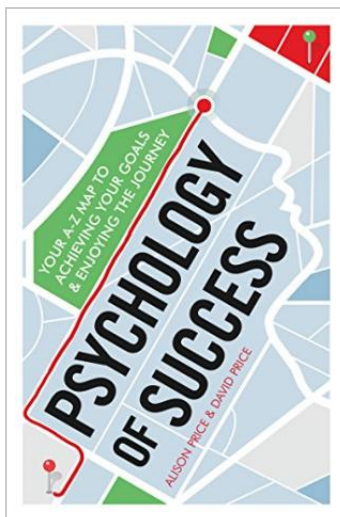




Psychology of Success: Your A-Z Map to Achieving Your Goals and Enjoying the Journey

By David Price

Icon Books. Paperback. Condition: New. 224 pages. Struggle to stick to your goals, making new resolutions that always end up broken This time, make them stick. You'll start by identifying what success means to you, building goals around what you really want and what you have the potential to achieve. With the benefit of expert insights, real-life case studies and powerful techniques, you'll build day-to-day strategies to help define and reach your goals, overcome obstacles and succeed in the face of adversity. If you're looking to reach your full potential whether it's making a personal change, achieving a sporting goal, or putting a business plan into practice this book will give you the map to changing your life, and enjoying the journey. This A-Z guide distills the top tips and guidance from a range of disciplines, including positive psychology, motivational coaching, neurolinguistic programming (NLP) and sports psychology. Whatever your goal or ambition whether it's improving your quality of life, making a career change, or training for a sporting endeavor this guide will help you first to recognize and define your goals, then to set out a plan for achieving them, with day-to-day strategies to reach your goals and overcome obstacles....



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