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Sommario/riassunto	<p>Your Goals Help You Find the Purpose of Your LifeThis is a book about setting winning goals and moving toward your goals with increased determination. How do you set winning goals and reach them? You begin by learning what motivates you and using that knowledge as leverage to achieve. Through setting and achieving goals, you will change your life In these pages, you will also read price-less information about how goal-setting can help you:Overcome ObstaclesManage TimeVisualize Your Ideal LifeGive Direction to Your DreamsAchieve Balance in LifeImprove RelationshipsBring Peace of MindVitalize Your LifestyleThe magnitude of your goals depends on you. We get in life what we ask for--start making your dreams real today</p>