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Sommario/riassunto	<p>Your Goals Help You Find the Purpose of Your Life</p> <p>This 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</p> <p>In these pages, you will also read price-less information about how goal-setting can help you:</p> <p>Oversome Obstacles</p> <p>Manage Time</p> <p>Visualize Your Ideal Life</p> <p>Give Direction to Your Dreams</p> <p>Achieve Balance in Life</p> <p>Improve Relationships</p> <p>Bring Peace of Mind</p> <p>Vitalize Your Lifestyle</p> <p>The magnitude of your goals depends on you. We get in life what we ask for--start making your dreams real today</p>