



## Motivate Yourself and Reach Your Goals: Teach Yourself (Paperback)

By Frances Coombes

Hodder Stoughton General Division, United Kingdom, 2014. Paperback. Condition: New. New ed. Language: English . Brand New Book. Do you struggle to achieve your goals and your dreams? Or are you not even sure where you want to go with your life? If so, then this is the book for you. Motivational expert Frances Coombes incorporates the latest research on goal-setting and achievement, to show you how you can set realistic targets for yourself - and how you can achieve them. The practical advice contained in this book will tell you everything you need to know to live a purposeful life.



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