



High Performance Goal Setting: How to Use Intuition to Achieve Your Dreams

Beverly A. Potter

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Unrealistic goals can frustrate good intentions and thwart the best efforts. Success depends on setting attainable goals, designing specific steps to reach them, staying on track, and accurately measuring progress along the way. This easy-to-read guide shows how it's done. It's full of practical techniques that can be put to use immediately to boost performance in all areas of life.

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