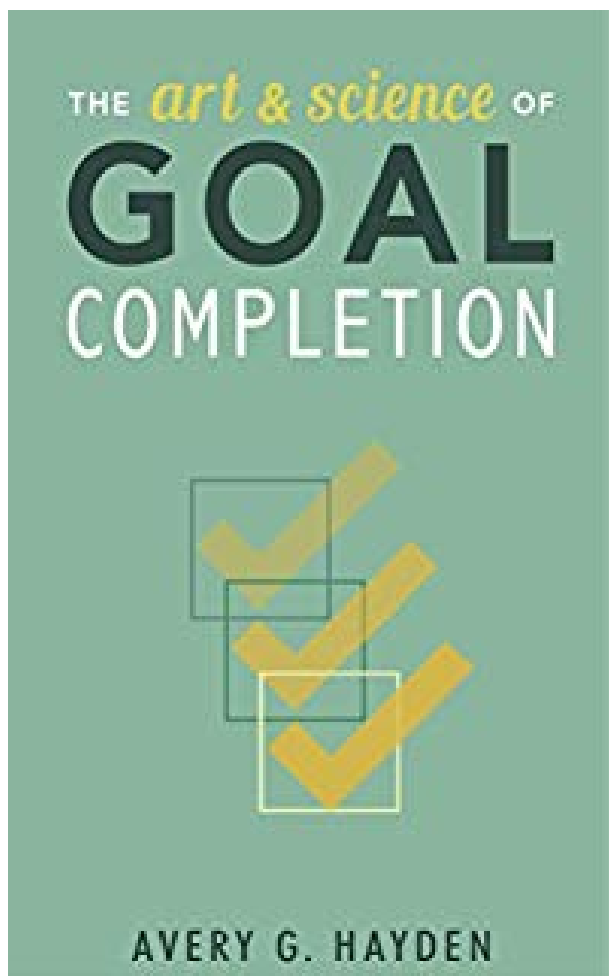


The Art and Science of Goal Competition



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Every new year, gyms are flooded with new members. Yet, by March, gyms are no longer crowded. Most of the new members have given up on their new years resolutions. Their motivation burnt out. Unfortunately, their goals do not become a reality.

We've all been there. Whether we wanted to lose weight at the gym, get better grades, or start a new business; we've all had goals that we vigorously pursued...for a month or two. Then something happened: we changed our mind, we started procrastinating, or we ran out of willpower. Reality check: most goals don't get completed. Change isn't easy. And truthfully, it never will be. But change is possible if you learn the art and science of goal completion. With the right tools at your disposal, you can accomplish virtually any goal you can imagine. In this book, you will learn: -Why change is so hard and how to outsmart the unconscious forces that cause most people to fail. -What the most powerful source of motivation is, and how to use it to accomplish any goal. -The goal-setting technique the world's most successful people use to guarantee success. -And much more Have you ever wondered what your life would be like if you followed through on every commitment you made to yourself? Have you wondered what your life would be like if you mastered the art and science of goal completion? If so, this book is for you.