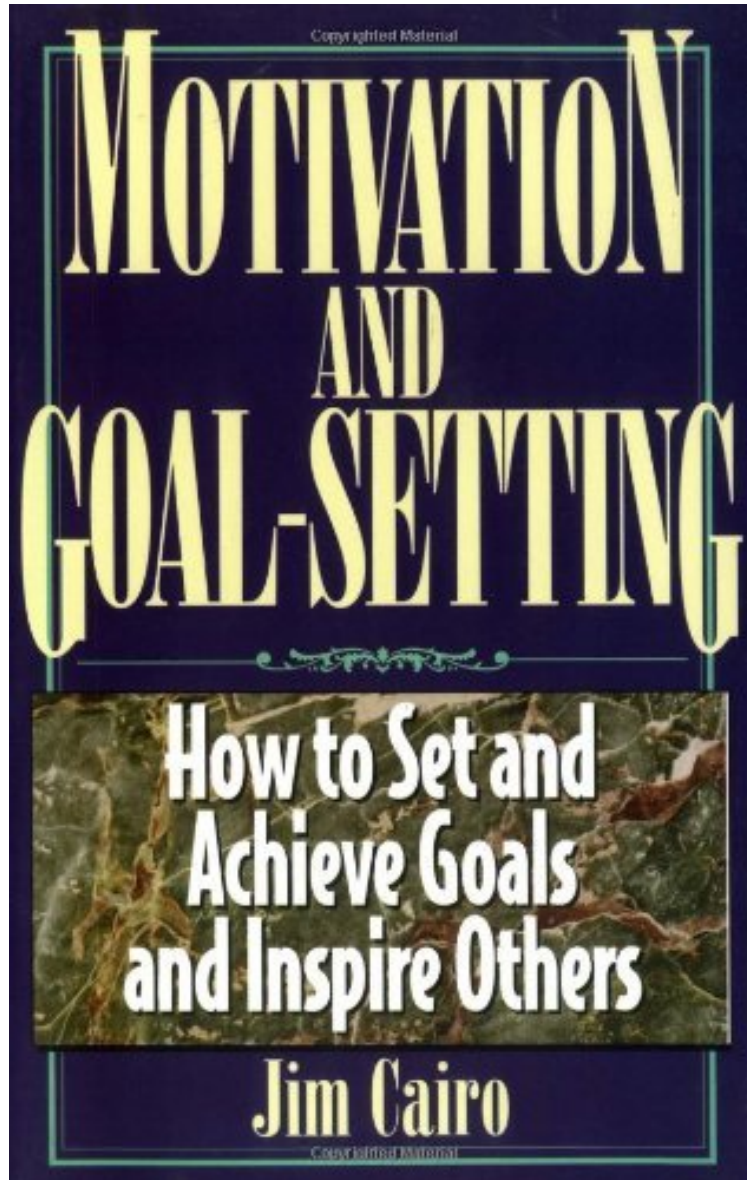


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Motivation and Goal-Setting (Motivation and Goal Setting)

Jim Cairo

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Jim Cairo : Motivation and Goal-Setting (Motivation and Goal Setting) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Motivation and Goal-Setting (Motivation and Goal Setting):

0 of 0 people found the following review helpful. Wasnt sure but appears to have Utility.... I do recommend..By C. DayThis book is not a very in depth piece, for that of motivation and goal setting, of course its length might suggest that. The first chapter or two are very bland and share only surface information... I initially kept reading it as I was trying to motivate myself to believe; there was more to it than what I was seeing... Granted as a person with advanced

degrees i probably expected too much.... but then again i was looking for a rather simple read for a change... instead of a War and Peace kind of work... and this book is it...I recommend you consider buying it as a reference in your quest to build more motivation... it does do itself justice by articulating that motivation is grounded in one's values, and that one needs to have an in depth understanding of one's values in order for motivation to really register in whatever it is one is doing... so for that reason i recommend it... it's basic. yet it carries a point, and its easy to read and has several exercises that will actually encourage you to view your life, and your work and compare them to your values... allowing you to flush out the inconsistency between the three, you can be sure of that.. so if you are serious about building more motivation in your life, this book will be a good starter in that direction... that is once you get passed the first two chapters which are relatively short too...Kind Regards,0 of 0 people found the following review helpful. Simple, yet InsightfulBy ErikI used this book to teach a four week course on goal setting for a local non-profit. It's simple, straightforward direction for anyone looking to set and achieve goals. There's nothing profound here, but it's organized nicely. Some of the later chapters are a bit lacking in depth and breadth.I almost gave it 3 stars, but it was helpful as an outline for the seminar I did, so I upped it to 4.0 of 0 people found the following review helpful. Great ** what I needed at the time I needed it!By David GreensletI needed to focus on making a change and this was the right book at the right time. thank you!

This book is a dynamic handbook that will not only help you examine your personal and professional goals, but will also give you strategic motivation tools you can apply right away toward making your goals realities.