



## Get It Together Girl!: Getting to Goal - Your Dreams, Your Desires, Your Way (Paperback)

By Karyn L Beach

Createspace, United States, 2011. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Any woman who is committed to getting it together needs goals. In Get It Together Girl!: Getting to Goal - Your Dreams, Your Desires Your Way, author and life coach Karyn Beach walks participants through a process where they will set compelling goals that they truly want to achieve. The book also contains blank copies of the Goal Planner and Monthly Minders that help people stay on track. It also contains Goal Assistants. These are questions to ask and tips to use for setting some of the more popular goals (losing weight, smoking cessation, reducing debt, starting a new relationship, finding a job, and going back to school). As part of the Get It Together Girl series, this short workbook is designed to be used and not just read. Karyn says, A goal without a plan is just wishful thinking. The purpose of Getting to Goal is to help women define what they want most and develop an action plan for making those dreams and desires a reality.



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