

The Quitter's Guide to Finishing: The Ultimate Book for Achieving Your Goals

Are you tired of quitting? Do you want to learn how to finish what you start? *The Quitter's Guide to Finishing* is the book for you.



The Quitter's Guide to Finishing: 101 Ways to Get Where You Want to Be by Betsy Schow

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1575 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 143 pages



This book will teach you everything you need to know about how to set goals, stay motivated, and overcome obstacles. You'll learn how to:

1. Identify your goals and why they're important to you
2. Create a plan and stick to it
3. Stay motivated even when things get tough
4. Overcome obstacles and setbacks
5. Celebrate your successes

If you're ready to stop quitting and start achieving your goals, then *The Quitter's Guide to Finishing* is the book for you.

What's Inside the Book?

The Quitter's Guide to Finishing is divided into three parts:

1. **Part 1: The Basics of Quitting**
2. **Part 2: The Psychology of Quitting**
3. **Part 3: The Strategies for Finishing**

Part 1 covers the basics of quitting, including why people quit, the different types of quitters, and the consequences of quitting. Part 2 explores the psychology of quitting, including the role of self-sabotage, fear, and perfectionism. Part 3 provides practical strategies for finishing, including how to set goals, stay motivated, overcome obstacles, and celebrate your successes.

Who Should Read This Book?

The Quitter's Guide to Finishing is for anyone who has ever quit on a goal. Whether you're a student who has given up on a class, a professional who has abandoned a project, or a person who has simply given up on their dreams, this book can help you.

If you're ready to stop quitting and start achieving your goals, then *The Quitter's Guide to Finishing* is the book for you.

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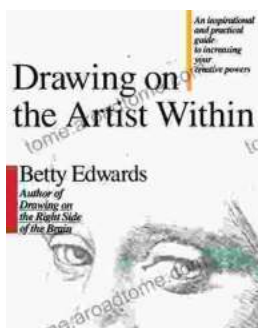
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