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Succeed: How We Can Reach Our Goals by Heidi Grant Halvorson

Specifically, Succeed is about understanding how goals work, what tends to go wrong, and what you can do to reach your goals or to help others reach theirs. Too much of the advice you'll typically hear about reaching your goals is both obvious and useless—we all know we're supposed to do things like "Stay Positive!"

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Most of us have no idea why we fail to reach our goals. Now eminent social psychologist Heidi Grant Halvorson shows us how we can finally win by revealing how goals really work—and by showing us how to avoid what typically goes wrong.

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Grant Halvorson offers insights-many surprising-that readers can use immediately, including how to: * Set a goal so that you will persist even in the face of adversity * Build willpower, which can be strengthened like a muscle * Avoid the kind of positive thinking that makes people fail The strategies outlined in this book will not only help everyone reach their own goals but will also prove invaluable to parents, teachers, coaches, and employers.

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