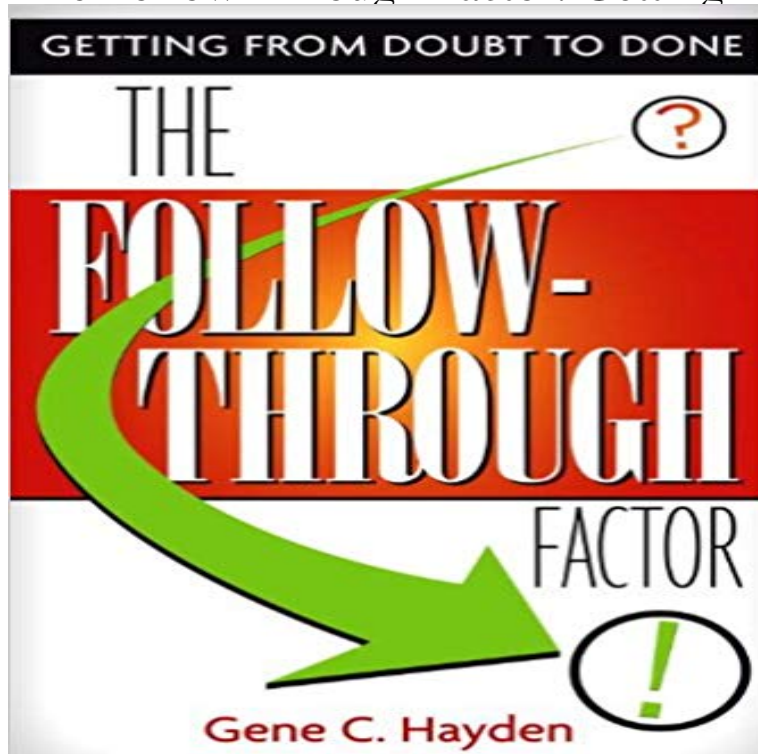


The Follow-Through Factor: Getting from Doubt to Done



A practical guide to achieving your goals - from starting a business to running a marathon - despite anything and everything life throws at you. We all have an idea or project that we'd like to pursue, and countless reasons why we can't: it may be that it's too expensive, or we lack the time, confidence, or skills. Inevitably, there are obstacles that get between us and our aspirations, but those who achieve their goals know that strategies exist for getting past these barriers. First as a journalist and then as a certified life and career coach, Gene C. Hayden interviewed achievers from all walks of life - artists, executives, professionals, small business owners - who tackled insecurities and obstacles on the road to success. Those consulted didn't have any special advantages to ease their way, but they did have the follow-through factor, a practical mindset that drives action towards a goal, regardless of circumstance. And most importantly, Gene tells us that this is something anyone can learn. With her vast experience, realistic advice, and encouraging voice, Gene is the perfect guide for those who are eager to achieve their ambitions. From the Hardcover edition.

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