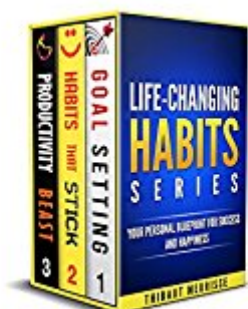


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Life-Changing Habits Series: Your Personal Blueprint For Success And Happiness (Books 1-3)



Synopsis

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Customer Reviews

I've read many goal books over the years and most were pretty good but yours stands out from all the others and here is why. Where most books seem to focus on theory, and cheerleading, your goal setting book has practical ideas and instructions to follow. Sharing your personal experiences and advice gave me just the right amount of information and motivation to start working on my goal plan. Most books take you on a journey and talk about the wonderful paths of having goals, your book not only shows me the path but starts me down it, so I know I'm taking the right steps. I was so impressed with your book and excited about it, I've been reading and listening to it over and over. I told my son about it and he went out and bought the audiobook. I also bought your habit and productivity books. Now when is

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French author Thibaut Meurisse lives in Japan working for the Japanese government as a coordinator of international relations. He is pursuing my MBA at Japan's leading university for economics in Tokyo. As he states on his website, "Chasing my dream took me thousands of miles from my hometown in France and required the mastery of both the English and Japanese language. When I look back at my life, I had no way to predict that I would be living in Japan, that I would do a MBA or that I would build a website about personal development! I realize that it is the unpredictability of life that make it all the more interesting. I am 100% focused on becoming the best version of myself as I commit my life to mastering the art of personal development." Thibault has written six books on self-improvement to date and here the reader benefits from three of his finest books: GOAL SETTING, HABITS THAT STICK, AND PRODUCTIVITY BEAST. The concept of combining these three particular books is a solid one in that they complement each other in the same goal to help us discover how to achieve success and happiness. The first book is GOAL SETTING: The Ultimate Guide to Achieving Goals that Truly Excite you and in this slender but cogent book Thibaut offers Why goal Setting is important, How to set goals, Strategic planning, and Understanding the rules of success - accompanied by well designed workbooks that can be downloaded to aid in the growth process. The next book is HABITS THAT STICK: The Ultimate Guide to Building Powerful Habits That Stick - Habits: What They are and Why They're So Hard to Implement, Bad Habits: What They Are and How to Get Rid of Them, and How to Implement Rock-Solid Habits That Really Stick- again with an available

workbookThe third book is PRODUCTIVITY BEAST: An Unconventional Guide to Getting Things Done - The Definition of Productivity, Understanding the TRUE reasons you fail to be productive, Managing Your Energy, Valuing Your Time, Thinking Differently, Prioritizing Efficiently, Focusing, Using the Power of Leverage, Creating an Environment That Supports Productivity, and Planning. Typical of Thibaut's method of coaching is evident in his statement that "true learning can come only from doing. You can learn all the theories and strategies you want about how to build a business, find the man or woman of your dreams, or launch a new career. But the reality is, you have no idea what you're talking about until you actually try it." And it is this degree of pragmatism that makes reading and implementing his books so productive. Grady Harp, February 17This book is free on Kindle Unlimited.

Great series to read and I highly recommend it. The series contain a lot of good examples that I was able to relate to. Excellent work Thibaut and I look forward to reading more of your upcoming books.

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