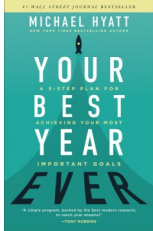


## ? More Adults Staff Picks



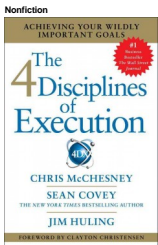
### Setting Goals

*When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.*

?Confucius

As this new year begins, the Library can help you adjust your ?action steps? to make your resolutions a reality.

Compiled by:  
Jane R.

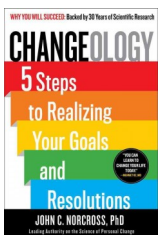


### The 4 Disciplines of Execution: Achieving Your Wildly Important Goals

**Chris McChesney, Sean Covey, Jim Huling**

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Unveils the essential disciplines proven to help businesses and individuals realize their most important goals.

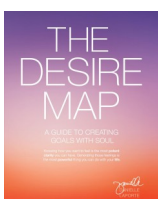


### Changeology: 5 Steps to Realizing Your Goals and Resolutions

**John C. Norcross**

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Presents an approach to personal improvement that converts scientifically proven techniques into a 90-day plan with five simple steps.



### The Desire Map: A Guide to Creating Goals with Soul

**Danielle LaPorte**

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A holistic life-planning tool to revolutionize the way you go after what you want in life.



**Extreme You: Step Up. Stand Out. Kick Ass. Repeat.**

**Sarah O'Hagan**

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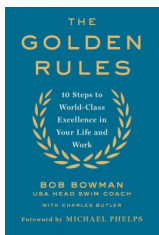
Training program for developing the drive, originality, and fierce attitude to become the best version of you.

**Goals: The Philosophy and Science of Achieving Your Dreams**

**Christa Laser**

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Outlines resources and tips for reaching all types of goals through planning, focusing, setting tasks, and motivating yourself.

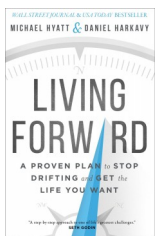


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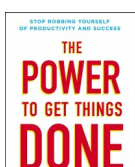


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**Michael S. Hyatt**

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A guide equipping readers to live with intention, direction, and passion in every area of life.



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**Steve Levinson, Chris Cooper**

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Teaches you how to consistently turn good intentions into action, so you can be as successful as possible in the work you do.

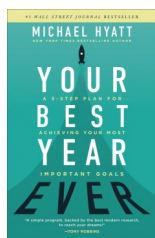


### What Do You Really Want?: How to Set a Goal and Go for It! A Guide for Teens

**Beverly K. Bachel**

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