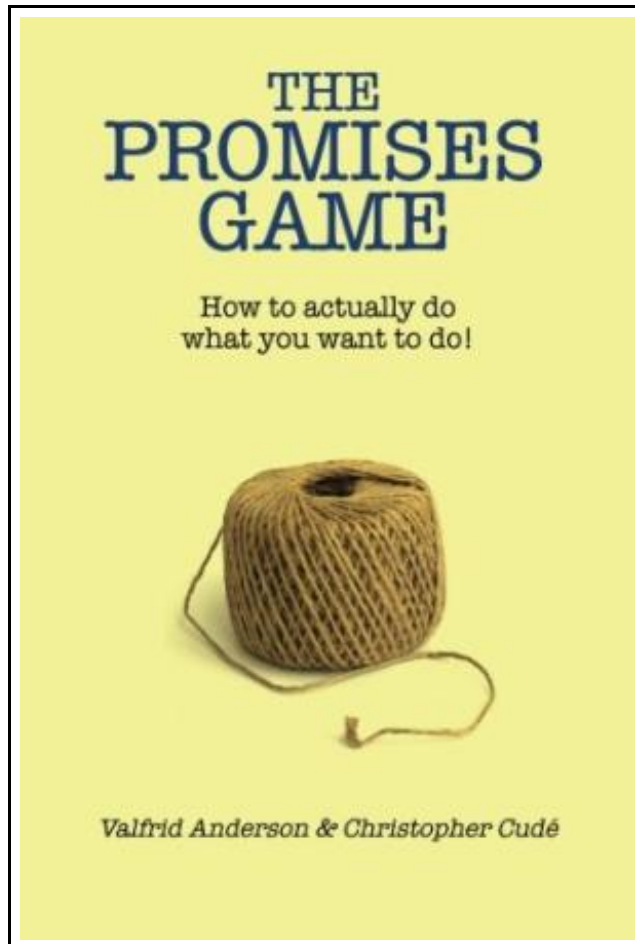


The Promises Game: How to Actually Do What You Want to Do! (Paperback)



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

THE PROMISES GAME: HOW TO ACTUALLY DO WHAT YOU WANT TO DO! (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.While many self-help books are long on advice and short on fun, The Promises Game is an unusual book that teaches a game which allows two people to help each other achieve their own goals. Strictly non-competitive, the rules of this game are structured so that each partner helps the other accomplish their goals, break bad habits, and take positive action. There are no opponents, write co-authors Valfrid Anderson and Christopher Cude. The other player is your partner, your promises partner. You will win or lose the game together. Whether it is improving your finances, getting serious about weight loss, or tackling a major home improvement project, this game is designed to be an effective means to your ends. The book is based on the theory that most people accomplish more when they work with someone else and are held accountable for their plans and decisions. It allows them to take ownership of their choices, forging a path for positive self-improvement. The Promises Game is structured in three parts. The first part covers the rules and mechanics of the game and offers helpful suggestions to design good, achievable promises. The book comes with weekly logs to track the readers progress on working toward their goals. The second part includes examples of promises that can work in several different areas of life. While most people pick up the book with their own goals in mind, after a few weeks, many others are looking for different projects to tackle after their initial success. The book showcases other promises that players have successfully completed and provides inspiration for surmounting new challenges. The third part of the book provides valuable advice for...



[Read The Promises Game: How to Actually Do What You Want to Do! \(Paperback\) Online](#)



[Download PDF The Promises Game: How to Actually Do What You Want to Do! \(Paperback\)](#)

You May Also Like



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

[Read ePub »](#)



Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

[Read ePub »](#)



Polly Oliver s Problem: A Story for Girls (Paperback)

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

[Read ePub »](#)



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales...

[Read ePub »](#)



The Village Watch-Tower (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

[Read ePub »](#)

**Ladies-In-Waiting (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2009. Paperback. Book Condition: New. Christine Tucke Curtiss (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an

[Read eBook »](#)

**Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes accounts of Valley Forge written by Washington and other generals

[Read eBook »](#)

**Rose O the River (Illustrated Edition) (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. George Wright (illustrator). Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an

[Read eBook »](#)

**The Story of Patsy (Illustrated Edition) (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s

[Read eBook »](#)

**The Right Kind of Pride: A Chronicle of Character, Caregiving and Community (Paperback)**

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.After 20 years of marriage author Christopher Cudworth and his

[Read eBook »](#)