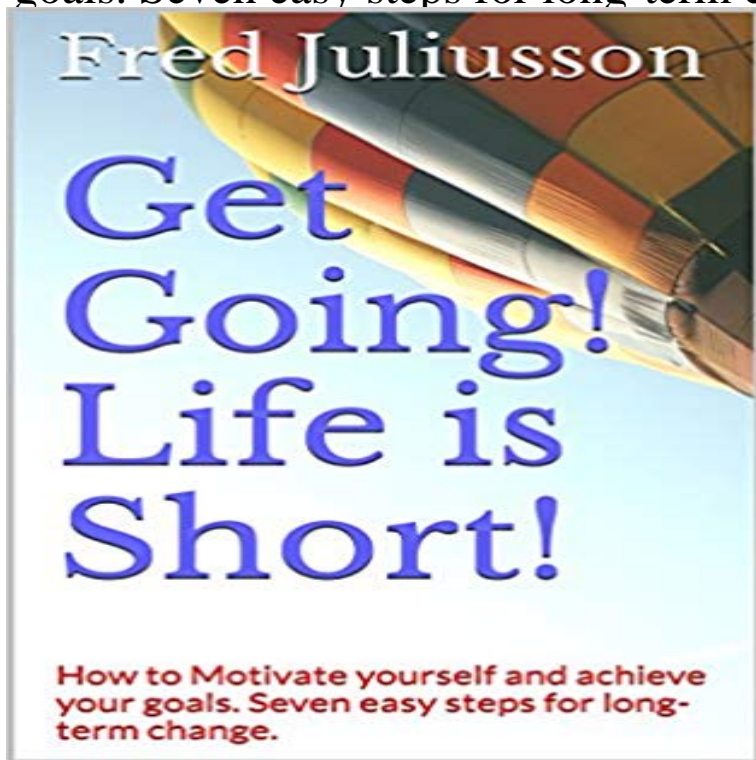


Get Going! Life is Short!: How to motivate yourself and achieve your goals. Seven easy steps for long-term change.



Fred Juliusson shares with us his methods for long-term life changes. More specifically, how we can achieve our goals and realize our dreams. In *Get Going! Life is Short!* Juliusson provides us with a method and with tools, as well as plenty of inspirational thought and motivational encouragement. All to help us along the way. A clever blend of solid methods, useful tips and food for thought.

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