



# The DREAM Power Goal System: Five Simple Steps to Achieve Any Goal, Guaranteed!

*Monica M. Regan*

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Do you know you want more from life but struggle to take the steps to get there? Have you felt frustrated in the past when you have set goals and not achieved them? In this book, author Monica Regan provides the five simple steps to setting and achieving any goal. But beyond providing the tools for goal attainment, readers will explore and understand just how to overcome those formidable habitual thought patterns and underlying beliefs that have caused them to remain stuck or to give up. Through new self-awareness, inspiration flourishes and readers are guided to success through the simple, but impressively effective five steps of the DREAM Power Goal System. This book combines psychological principles, practical yet powerful tools and techniques and real-life examples in a comprehensive package for making dreams into reality.

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