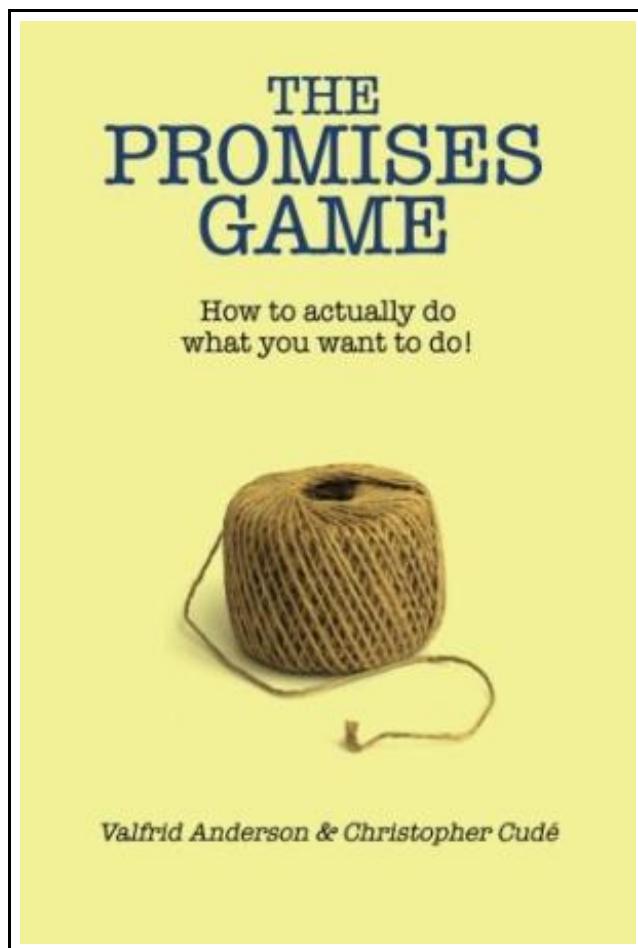


## The Promises Game: How to Actually Do What You Want to Do!



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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...

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