



# The Goal Book: How to Achieve Your Dreams and Create a Better Life

*Peter Jumrukovski*

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Did you know that you can make your dreams come true? Well, the ability is there but many of us don't really know where to start. How do you really manage to achieve living the life that you desire and accomplish everything that you wish for?

The Goal Book is a different and innovative book on personal development. It is addressed to everyone who wants to succeed in life, but have not yet come up with how to get there. In a simple and entertaining way Peter Jumrukovski guides the reader to set goals in life's key areas: health, money, personal development, relationships and career - and to find a balance between them. With a mix of research, real life stories and anecdotes, he shows that everyone can actually achieve exactly what they want by writing down their goals and actively working towards them every day.

Peter Jumrukovski has by working with goals for the last fifteen years accomplished to win a World Championship bronze medal (Shotokan) and eight national championships in karate, traveled the world, become a top marketing salesman and fulfilled his childhood dream of moving across the globe from Sweden to Los Angeles. His dream has long been to help others succeed in achieving their goals and that is exactly what he is doing right now!

## **The Goal Book: How to Achieve Your Dreams and Create a Better Life Details**

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## From Reader Review The Goal Book: How to Achieve Your Dreams and Create a Better Life for online ebook

### Karen Danella says

When I got this book, I started reading through it. But my husband picked it up and has been reading it and taking notes. It has helped him a lot. As soon as he is finished I will read. From what I have read, there are action plans with deadlines. You actually have to do something and not just read the book. This will be very helpful.

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### Mischenko says

This turned out to be a really good book to start the new year. I've never been one to set goals other than reading challenges, but I'd like to try something new and set some personal goals this year.

Some of the questions I began to ask myself when reading were:

- Could I spend my time and money more wisely?
- How can I work on my relationships?
- Should I create a bucket list?
- Could I set a better exercise routine?
- What do I really want to accomplish this year?

I particularly enjoyed the chapter on relationships and social goals.

*"If you want to develop your social skills, it's a good idea to take into account what nature has given us: two ears and one mouth."*

I feel this book can help many people create a plan for their lives and make it a reality. It's easy to read with examples and exercises. I found it very positive and uplifting. It would be a perfect gift for a young adult just starting out in the world, but I'm a firm believer that it's never too late to work toward the life you want to live.

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I won this as a giveaway on Goodreads. I'd like to thank Goodreads, the author, and the publisher for sharing a copy with me.

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### Hope Barton says

\*I won this book as part of a Goodreads giveaway\*

Who doesn't need a little self-help sometimes? It's nice to have someone say "I believe in you! You can do anything you want to." That's what I've gotten out of this book. It's a nice pithy little thing so I didn't feel like it wasted my time telling me things I maybe already new. It's only 160 pages, and I think that was just

right. The book is all about realizing your goals, and making it simple to make them happen.

The book is separated into 5 sections. Each section is based on different types of goals in one's life. They are: Health, Money, Personal, Relationship and Social. Each chapter has an explanation of these goals, some anecdotes from his life or others who have completed their goals in this area, and finally a few exercises. I didn't do all the exercises at the time, because I wasn't necessarily needing them all right now. But it was really cool that they were included, and I think it made this book different from other self-help books I've read. My full review can be found on my blog!

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### **SS says**

The Goal Book is a well-written, easy to read volume, packed with useful information and exercises. The exercises are doable, not overly difficult. They do take some time and thought, but are well explained and narrowed, so as not to be overwhelming. The book is physically nice, professional looking. The typeface is attractive and easy on the eyes. The book condenses in one slim volume information collected from several other sources and combines that information with the author's own insight and experience.

My complaint about this book is a small one: verb tense is often incorrect, and there are a few other minor grammatical errors. This isn't surprising as it appears that the author is European and not a native English speaker. Don't misconstrue this comment. Overall, the book is written in a clear and understandable manner. I do, however, recommend that if the author prints additional copies of this book that he hire a professional to edit/proofread it first.

While this book would be useful to most, I think it would be of particular benefit to those aged late teen to early fifties.

I won this book in a Goodreads Giveaway.

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### **Michelle Olms says**

Great book

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### **Marie says**

This book was full of helpful tips but was in desperate need of an American English editor. There were many technical errors due to the fact the author is not a native speaker. I wish him luck in the future!

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