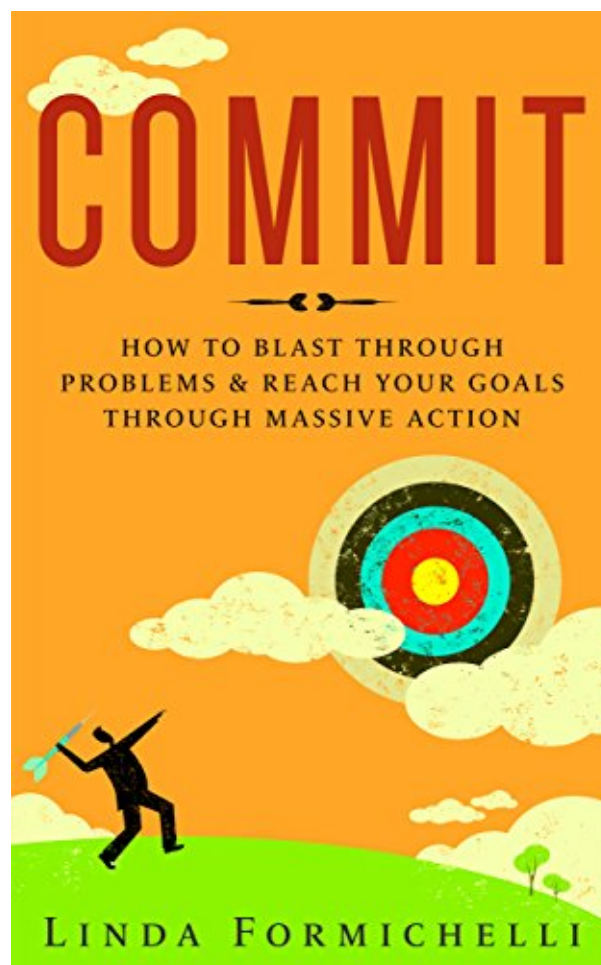
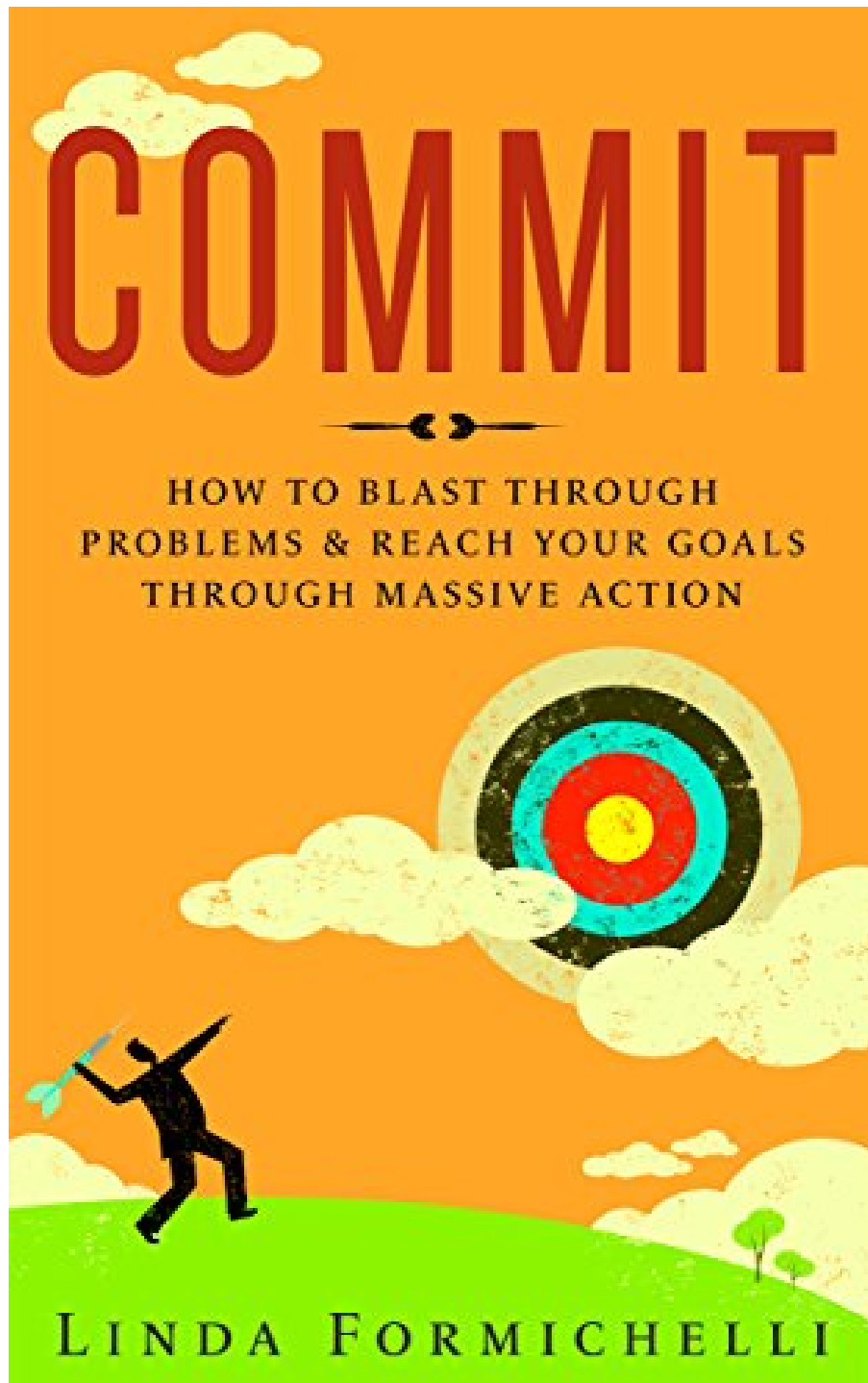


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# **COMMIT: HOW TO BLAST THROUGH PROBLEMS & REACH YOUR GOALS THROUGH MASSIVE ACTION BY LINDA FORMICHELLI PDF**

Gain self confidence, boost your happiness, solve your problems, and blast yourself off to success -- by Committing to make this year the year YOU thrive.

We humans have a big problem.

We have exciting goals and dreams, but we feel stuck. We spend a lot of time thinking about the actions we need to take, but don't actually do them consistently. We then become overwhelmed with our day-to-day lives and let our dreams languish...and we settle for lives of mediocrity and regret instead of happiness, joy, and success.

Or, we have issues that keep us from being our best selves, but don't have the energy or problem-solving know-how to defeat them. Money woes. Relationship issues. Health problems. And more.

And sometimes, we experience both situations: Dying dreams and too many problems.

Can you relate?

Thinking small -- living inside the box, keeping our greatness inside us -- is what consigns us to this life of what-ifs and if-onlys. If we have big dreams and big problems, we need to go after them in a big way. That's what Commit is all about.

Committing is taking massive action to solve a problem or reach a goal. It's pretty much the opposite of the baby-steps approach. When you Commit, you do whatever it takes to make happen what you want to happen. You can use one giant, crazy, unbelievably powerful tactic, but it's even more effective to combine several tactics at the same time -- which we discuss in this self help e-book.

Committing is also about gathering so many resources and so much support that you can't go wrong. In the e-book, we talk about hiring help, creating accountability, and amassing the resources you need to get off to a mighty start. In this concise and actionable personal development e-book, you'll also find details on how to prepare for your Commit practice...how to troubleshoot common problems...and 20 ideas for reaching your goal or solving your problem through massive action.

Commit isn't one of those woo-woo motivation e-books whose helpfulness ends once you close the book...it contains actionable advice with real-world examples based on people's most common goals: Losing weight, starting a business, earning more money, finding a partner, healing a relationship, learning a language, and more. Each section boasts an assignment that you can do right then before reading on, so that by the end of the book you'll have your Commit plan rolling.

Tired of just wishing you had what it takes to start that business, get fit, find the love of your life, learn a new skill, go back to school...and more? Self improvement starts with Commit.

"Your book is terrific! Really inspiring but also so actionable--such a tough combo, I think, but you nailed it." --Sarah S., editor at Redbook

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8 of 8 people found the following review helpful.

All in!

By Quadrivia

Freelancer writer Linda Formichelli's strategy for success isn't subtle: she advocates attacking a problem, goal, or dream from all sides at once. If you can come up with some new sides to attach from, all the better! In a crisply written 85-or-so pages, she lays out an argument that when you really want to accomplish anything, you should throw everything you've got at making it happen. The book then provides helpful advice for how to do that. A quick read, but it gave me some good things to think about.

Got to say, I read this because of two things-- one, my new year's resolution to interact more with other writers near me and two, Formichelli's marketing strategy, described in the book. So, though I don't know her, we both have marched boldly forward on things we are Committed to today, and that's a pretty good thing on a Friday afternoon!

4 of 4 people found the following review helpful.

I wasn't sure about this book, but now I'm sold!

By Brenda Spandrio

I have to say I approached this book with skepticism. I have a lot of clients who have tried to get out of their clutter all in one day and ended up in a worse mess than before. But that's not what this book is about. What it really does is help you map out a variety of strategies to help you stay motivated and inspired while you accomplish a particular big goal.

For me personally, I want to lose that last bit of weight (you know, that last 10 lbs that you have a hard time losing after the baby? I still got that -- and the "baby" is 24!). I'm frankly sick and tired of it taking so long, as well as my tendency to back slide. Linda's "Commit Tactics" have helped me identify ways I can keep the momentum up -- and if my zeal does flag, I can just switch tactics.

This book is not only easy to read, it's easy to jump on board. Linda gets it and it feels like you've got her as your own personal cheerleader!

3 of 3 people found the following review helpful.

An absolutely AMAZING, MUST-READ book!!

By Max Dunn

Linda, what an INCREDIBLE book! Every entrepreneur or person who's interested in making their business a success MUST read this amazing book. It will turbo-charge your results. Linda, thank you so much for writing this book, and for the "get-it-done-NOW" tone of your amazing ideas. I just purchased this book and read it "cover-to-cover" immediately. You not only outline all the ways we can commit to our goals, you

show us, step-by-freakin'-inspired/motivated-step, HOW to make them actually HAPPEN. I've been a subscriber to your newsletter for sometime now, but this book you've written has lit a serious candle under my a-s. I'm on it! Thank you again for such an incredible, inspiring, motivating, and ACTIONABLE action plan to get my most important goals realized. You ROCK! Will be sharing this link with everyone I know. Dear everyone-who's-reading-this-review: Buy this book. You will not be disappointed! xox

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