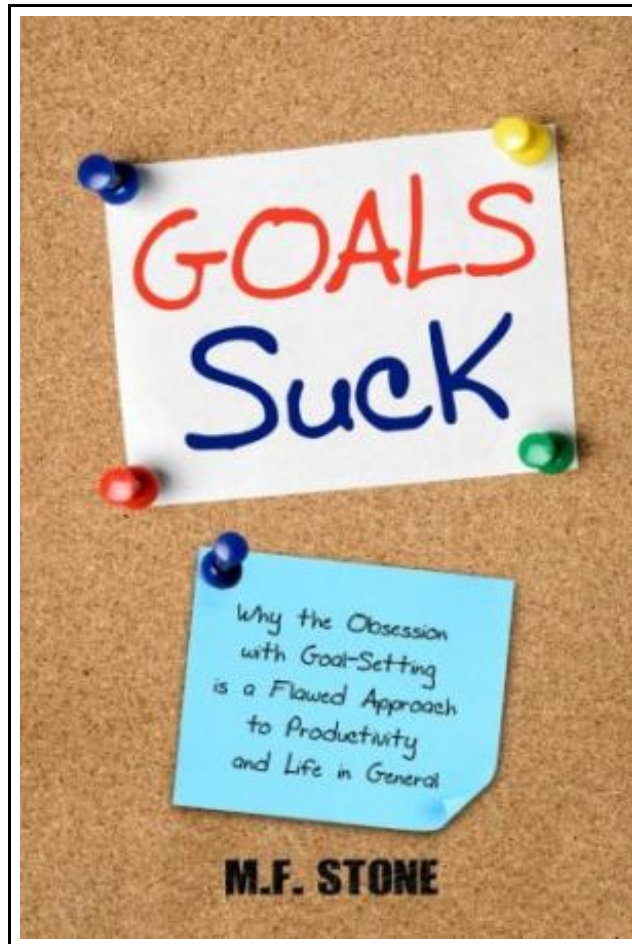


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(Dr. Porter Mitchell)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Goals Suck! When you have sex, do you take a timer and a legal pad into the bedroom to log the number of hip thrusts and grunts? Do you compile all of your data at the end of the week and plot it into a graph? Do you have goals for the number of times you have sex per month, the number of partners you have, or keep close tabs on how many minutes you can last for? Of course you don't. The very thought of setting and tracking goals in the bedroom is a complete absurdity! Why is That? Why does that strike you as absurd? You don't need goals in order to be motivated to have sex do you? It's naturally enjoyable and requires no such outside motivation. More importantly, the thought of setting goals and tracking them would ruin the whole experience wouldn't it? But you set goals in all kinds of other areas. Why? The Problem with Goals Goals are something we use to incentivize ourselves to do things we wouldn't otherwise have the desire to do. There is something inherently wrong with this at its core. Goal-setting and tracking merely works to ensure that we spend more time doing things we aren't truly passionate about. And if setting goals in areas that we do enjoy can take away from the natural enjoyment of those activities, and ruin our spontaneity, might setting goals actually make the actions required to obtain them less enjoyable? The answer to that question is yes. The Solution If you stop setting goals, and focus on doing what you love with vigor and enthusiasm...



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