

The Permanent Vitality Path:
A Strength Based Guide to Goal Achievement

This book that provides you with the G.A.S. to get you to your destination(s) in the most effective and efficient manner. G.A.S. is an acronym which stands for **G**oal **A**chievement **S**implification.



If you are intrigued by the thought of living each day of life with more vitality and achieving all of your desired goals, you can purchase this book on Amazon as well as other retailers. This book offers practical strategies for improving focus and taking decisive goal-directed action.

Please check out my website to learn more about Kirby's Goal Achievement Coaching and this insightful action-oriented book, via the QR code: