



# Making It Stick

*Ralph Simone*

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## **Making It Stick** Ralph Simone

"Making It Stick" is a short, simple, and interactive book designed to help you accomplish the change you'd like to see in your personal and/or professional life and in the lives of those around you. Many of us have a clear understanding of the change(s) we'd like to see in our lives, but for one reason or another we fail to achieve even the simplest of intentions and become distracted from, or disillusioned by the goals we've set for ourselves.

To make your goals and intentions stick, it is critically important that you develop regular practices that are driven by feeling to ensure that you're emotionally committed to your goals and the process for attaining them. "Feeling is the sun that warms the seeds of our intentions." Once this connection with feeling is made you are mentally, physically, spiritually, and emotionally invested in your goals, the tools introduced in this book will provide you with all you need to make any change in your life stick.

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