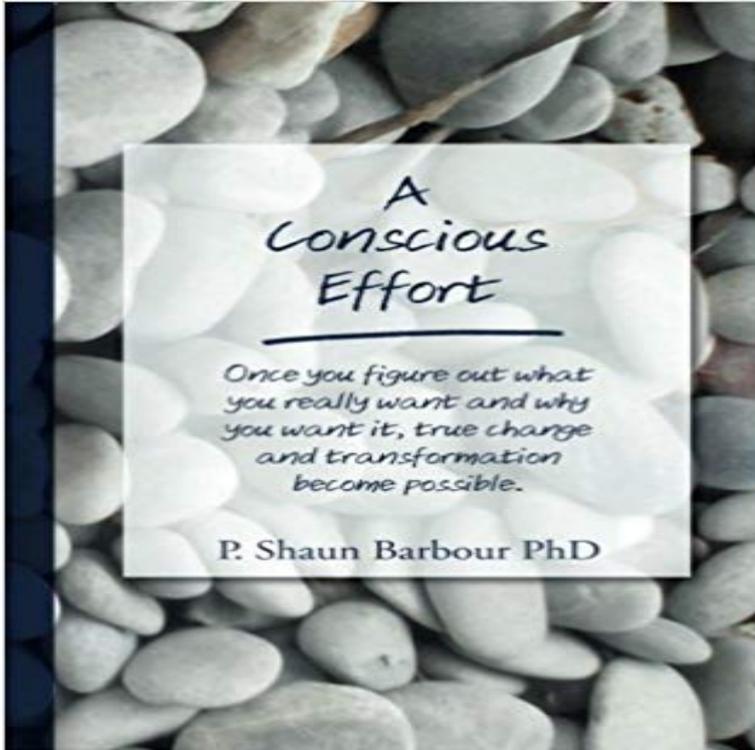


A Conscious Effort



Everyone knows that in order to get anything done, you have to set goals, right?

But wait. What does it really mean to set a goal? P. Shaun Barbour, PhD, believes that setting a goal actually takes some serious introspection, consideration, and hard work. In *A Conscious Effort*, his engaging and meaningful guide to bringing about true and lasting change in your life, he gives you the tools to actually succeed at setting goals and then meeting them. By dissecting desires and breaking them down into their components, Barbour helps readers get to the bedrock level of their motivation—the place from which to draw the strength and purpose needed to succeed. For example, Barbour believes that it's not enough to know that you want to look better; he believes that you also need to know what it means to you to look better and why that's what you want. Only then can you come up with a plan to achieve your specific objective. Wise, insightful, and highly readable, *A Conscious Effort* will equip you to figure out exactly who and what you want to become and then empower you to become that very person.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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