



Done and Done: The Power of Accountability Partnering for Reaching Your Goals

Annette Lyon, Luisa Perkins

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In today's fast-paced world, millions are busy and stressed out, and they find accomplishing their goals to be a struggle, no matter how many to-do lists and motivational posters they create. The solution is simple. By finding and working with a solid accountability partner, you'll get the support and structure you need to dramatically increase your productivity and keep you motivated. In this practical, conversational book, you'll learn how best to create your daily to-do list, how to trick yourself into getting work done, how to fight Resistance, and how to make the most of your own cheering section. Annette Lyon and Luisa Perkins draw on their years of experience as successful accountability partners, laying out their best strategies for reaching your goals while reducing your stress and actually enjoying your life again!

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