



Following Through: A Revolutionary New Model for Finishing Whatever You Start

Steve Levinson Ph.D., Pete Greider M.Ed.



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First published in 1998, Following Through shines a spotlight into the black hole in inner space where good intentions disappear. It reveals the startling reason why we so often fail to make the life-improving changes we truly intend to make. Although we typically blame ourselves for poor follow through -- we beat ourselves up for lacking motivation, willpower, self-discipline -- Levinson and Greider argue that the real culprit is the mixed-up way the human mind designed. The mind, they insist, simply isn't hard-wired for follow-through. And as much as we -- individuals, society, and especially the self-improvement industry -- like to pretend otherwise, good intentions do not automatically drive our behavior. And expecting ourselves to automatically do whatever we intend to do only leads to disappointment, frustration and failure. Fortunately, Following Through won't leave you discouraged. Instead, it will show you why facing the truth about the mind's faulty wiring is a key to achieving greater success in virtually every area of life. Following Through will teach you bold new strategies for consistently turning good intentions into life-improving action. Note for readers of previous editions: This edition of Following Through is redesigned but does not include new content.



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