

ABOUT FOCUS

An honest and inspiring look at the obstacles women face and the real strategies they use to achieve their goals.

FOCUS is for any woman who is standing at the threshold of change or making a decision about the future. Women who were interviewed for the book share their successes and their struggles. The stories about these brave women's determination along life's pathways to achieve their goals are inspirational.

The chapters condense years of documented research and proven strategies for gaining confidence and overcoming fear. The powerful FOCUS Model provides a step-by-step pathway that anyone can use to achieve personal and professional goals.

"FOCUS! Get What You Want Out of Life is an easy-to-read and easy-to-understand book that is filled with great information that can help anyone who strives to do better and be better in their professional and personal life."

– Connie Challingsworth, Positive Life Decisions, Certified Life Coach & Healthy Aging Consultant

"This is an inspirational and down-to-earth message that will help women achieve their goals. Dr. Minski's well-written book teaches women how to move from stuck to 'smooth sailing' in all aspects of life. Her five-step model provides seemingly simple techniques that produce powerful changes!"

– Ford R. Myers President of Career Potential, LLC

"Anyone who is experiencing roadblocks or challenges in achieving their goals and happiness in life needs to read this book and utilize the tools that Carol provides to create their own personalized path to success. FOCUS provides a comprehensive, hands-on guide for anyone (not only women) considering or experiencing any kind of change in their life."

– Mary Anne Kochut, Managing Director of Champions for Success, LLC

Dr. Carol-Anne Minski

