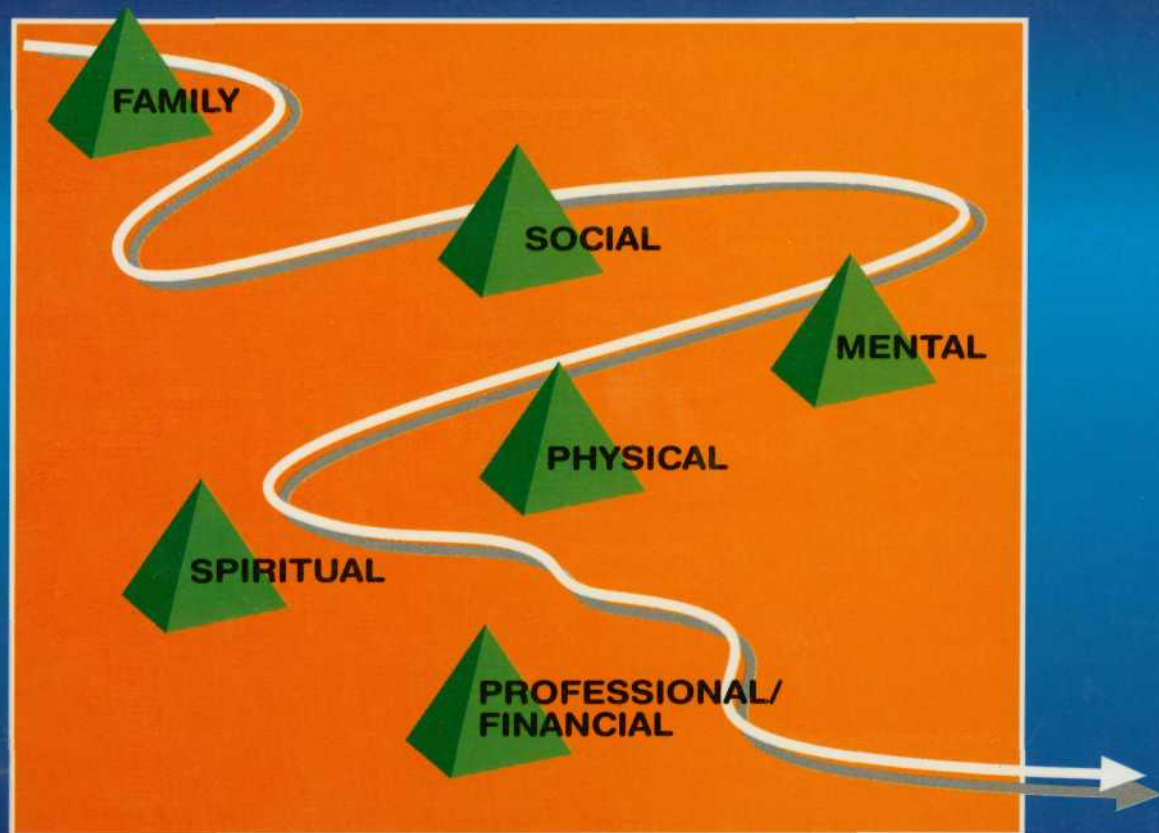


WHERE WILL YOUR JOURNEY LEAD TO?

DEVELOPING PERSONAL
EFFECTIVENESS AND VALUES



Dr Thomas J. Barry

Introduction

Chapter 1

The Journey And Health 1

Chapter 2

Goal-Setting 17

Chapter 3

Plateauing 31

Chapter 4

A Race With Time 39

Chapter 5

Stress 51

Chapter 6

Secrets Of Success 61

Chapter 7

You Are Who You Want To Be 73

Chapter 8

Words Of Wisdom 85

Chapter 9

Inner Peace 99