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Doable: The Girls' Guide to Accomplishing Just About Anything

Deborah Reber

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Got goals? This empowering guide shows how to tackle your to-dos with confidence and enthusiasm so that you can transform anxiety into accomplishment.

It’s great to dream big, but with day-to-day demands and stresses that seem to dominate our lives, larger goals are easily overlooked or can seem completely out of reach. Procrastination, insecurity, and negative thinking can get in the way as well. But with the eight simple steps in *Doable*, anything and everything becomes possible.

Ambitious teens have an incredible ally in *Doable*, which outlines strategies for success and includes profiles of young women who have already found it in areas like activism, entrepreneurialism, philanthropy, and more. From getting clear on what your “to-do” is to determining what success looks like and dealing with setbacks, the clear and concise tactics offered here feel like advice from a (very wise) friend, and before you know it you’ll be delivering the goods and achieving your dreams.

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