



**The one thing : The one good thing you should do  
to achieve the goals you have and change your life:  
Simple truth, life is about figuring out what is  
important (Life's a fish bowl Book 1)**

*Jeffrey Levenstone*

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**Why can't I stay motivated?**

The one thing is a book about the one good thing you must keep your eye on if you truly want to succeed. The one good thing about that is, it is simple to do. How many of us spend our entire lives striving to overcome obstacles or wondering why we couldn't achieve a specific goal, no matter how hard we try? We know our struggles are all about motivation, but why is staying motivated so difficult? Most of the time, what's hampering your motivation is that you aren't maintaining a laser-focus on what's really important.

In this book, I share my own hard-won experiences with finding and defining the things that really matter and how to brush aside the millions of distractions life throws our way. If you plan to do more than just get through life; if you plan to truly live, then this eye-opening guide will give you the kick in the pants you need to go out and take what you deserve.

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