

[Podcast Episode 87 - Adam Post \(@semi_technical\) on Determination, Perseverance, and Goal Setting](#)

Adam Post is a Principal Consultant, and despite his twitter handle of @semi_technical, he can certainly be extremely technical when needed. Adam joins for a great discussion that will lead you through a journey on how to do effective goal settings, how to maintain the determination needed during difficult times, and much more. There are some amazing personal stories shared and this will be a podcast that can put many people on a strong path to productivity and personal growth.

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