

New Self-Help Book **Finishing What Matters** By Terra Vanzant Stern Helps Readers Relaunch the Dreams Life Put on Hold



New York City, New York May 20, 2026 (Issuewire.com) - Terra Vanzant Stern Offers a Practical Guide for Restarting Meaningful Goals After Burnout, Setbacks, and Life Changes

Many goal-setting books focus on starting fresh, but few address the challenge of returning to dreams that were interrupted by life itself. In ***Finishing What Matters: How to Relaunch Your Sidetracked Dreams***, author Terra Vanzant Stern delivers a practical and encouraging roadmap for readers who still carry unfinished goals they deeply care about.

Whether the dream was delayed by career demands, parenthood, burnout, financial struggles, health challenges, or simply losing momentum over time, ***Finishing What Matters*** recognizes that restarting comes with unique emotional hurdles. Instead of promoting hustle culture or unrealistic perfection, the book helps readers understand why meaningful goals get sidelined and how to rebuild momentum with clarity and purpose.

Finishing What Matters guides readers through identifying which unfinished projects are still worth

pursuing, developing a realistic restart strategy, overcoming recurring obstacles, reigniting passion, and ultimately crossing the finish line. Drawing from strategic planning, emotional intelligence, and real-life examples, the book introduces practical tools such as the “Faster Track Forward” method and applies proven business and process-improvement concepts to personal growth and achievement.

Readers will discover how to:

- Identify which abandoned dreams still matter and which to release
- Understand the real reasons goals get postponed
- Create a personalized restart strategy
- Rebuild momentum without overwhelming themselves
- Overcome self-doubt, burnout, and recurring setbacks
- Stay motivated through manageable wins
- Finish meaningful goals with confidence and satisfaction

Unlike many self-help books, ***Finishing What Matters*** acknowledges that quitting is sometimes the right choice. The book is designed specifically for people who still feel connected to a meaningful unfinished dream and want a realistic path toward completing it.

Nothing you invested was wasted...Your dream may simply be on hold.

About the Author

[Terra Vanzant Stern, PhD., PMP, SPHR/GPHR](#), is a Six Sigma Master Black Belt, USAF veteran, and principal of SSD Global Solutions, Inc. She has held numerous leadership positions with ASQ and PMI, including serving as Chair of the ASQ Lean Enterprise Division. Dr. Stern is the author of several books and articles focused on process improvement, project management, Lean Manufacturing, and organizational transformation. Her recent work includes simplifying Lean Manufacturing concepts through her proprietary LEANER approach and the Lean Manufacturing Periodic Table.

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[Finishing What Matters: How to Relaunch Your Sidetracked Dreams](#) is available on Amazon.

<https://www.amazon.com/Finishing-What-Matters-Relaunch-Sidetracked-ebook/dp/B0GJQQV39Z>

Finishing What Matters empowers readers to reclaim the dreams lost “in the in-between” by applying proven business strategies to the most important project of all: their lives.

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