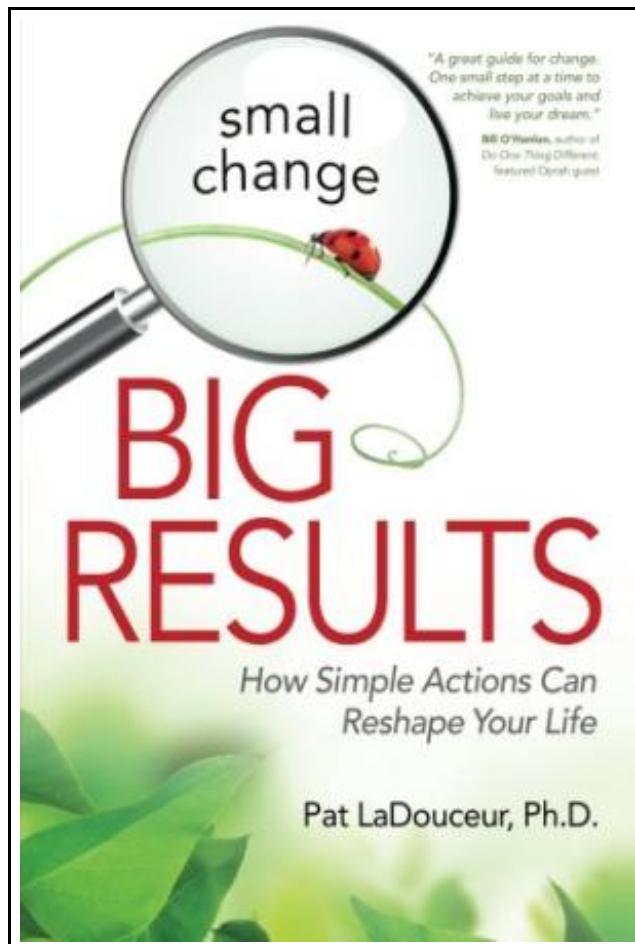


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Twin Rocks Press, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Every year, millions of people in the U.S. promise themselves that they'll make a change to better their lives. The goals include improving their relationships, reducing stress, saving money, landing a better job, and getting healthier. Often the changes are attempted while dealing with an already overloaded schedule. Many people do succeed. However, the majority give up trying. According to author Pat LaDouceur, Ph.D., the secret to success with change is not about thinking big but rather to think small. In her newly released book, *Small Change, Big Results*, the psychotherapist shows how breaking your ultimate goal into small doable steps can get you to the finish line. The powerful strategies offered in *Small Change, Big Results* were gleaned from what worked for thousands of LaDouceur's therapy clients over more than a quarter century. In her sessions, she directs clients to check their progress each week on stated goals, and she also takes notes on what's been helpful. In the book, there's advice for tackling change in personal relationships, at the workplace, and with habits. LaDouceur designed her techniques to work in many areas of life. LaDouceur backs up her practical advice with scientific studies. Two topics the science looks at in eye-opening ways are habits and willpower. For instance, the reader learns how much we rely on habits on a daily basis for routine actions. You also see how the pull of our old, habitual behaviors can make it hard to do things differently. LaDouceur warns that willpower isn't as reliable as we thought, and it gets depleted as the day goes on. Solutions are offered to deal with both...

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