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He manages to

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translate this research into very specific steps within 5 major phases: contemplating change, planning for change, taking action, persevering through managing slips, and persisting over the long haul.

**Changeology: 5
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Changeology shows you: *| How to define your goals and get

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started in a new direction. * How to pump up your motivation and prepare for self-change. * How to prevent relapses into old patterns. * How to master the skills that will help you sustain change.

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So I've completed Step
3 Perspire of the
Changeology 5-Step
method for realizing

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goals and resolutions.

Step 4 is Persevere and

Step 5 is Persist. I've

recommended the

Changeology book

often because it's a

scientifically proven

method for achieving

goals and resolutions.

Step 3 Perspire takes

30 to 60 days to

execute.

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helps you understand,

implement, and

continue your goals.

Change·o·lo·gy \chanj-o-

le-je\ n.

Changeology Book

Norcross breaks down

the process into five

steps (Psych, Prepare,

Perspire, Persevere,

Persist) that can be

accomplished in ninety

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days. Some of his recommendations are common ones: write out your goals and make them public. Ongoing encouragement, along with quizzes and checklists, are what make his approach so compelling.

Changeology: 5 Steps to Realizing Your Goals and ...
Changeology shows you: *! How to define
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your goals and get
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to prevent relapses
into old patterns *
How...

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incorporating the most
up-to-date scientific
findings, is being made

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available as a practical
guide. From smoking
and drinking to obesity,
depression, and
relationship distress,

Dr. Norcross's
methodology has
rescued people from
dozens of behavioral
ailments. Follow the
90-day plan with 5
simple steps: Psych
(get ready), Prep
(prepare before
leaping), Perspire (take
action), Persevere
(manage slips), and

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Persist (maintain
change).

The Book |
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and Resolutions by
John C. Norcross and
Kristin Loberg and
Jonathon Norcross
Overview - "Finally, a
self-help book based
on solid scientific
evidence by
psychology's smartest
myth-buster.

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**Changeology | Book
by John C. Norcross,
Kristin Loberg ...**

Norcross breaks down the process into five steps (Psych, Prepare, Perspire, Persevere, Persist) that can be accomplished in ninety days. Some of his recommendations are common ones: write out your goals and make them public. Ongoing encouragement, along

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with quizzes and
checklists, are what
make his approach so
compelling.

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Let your head release
back as you inhale.
Step 4: With an exhale,
lower your hips to the
floor and return to your
starting position with
knees bent. ... and
realizing I've spent a
full five ...

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