



Habit Change: An Executive Coach's Step-by-Step Guide to Defeating Unwanted Behaviors

Jeff Kaplan Ph.D.

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Have you ever tried to change the way you eat, quit smoking or change some other habit only to find yourself back to your old patterns after a few weeks? Habit Change is a practical approach to achieving the results you want. Based on Dr. Kaplan's theory of behavioral change he developed after 20 years of practice and research, this book will take you inside the psychological barriers that keep you from creating sustained change. And, more importantly, it will guide you through the change process so that you can immediately make the changes you desire. It is filled with examples and exercises to help you take action right away.

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