

# [PDF] Breaking The Pattern: The 5 Principles You Need To Remodel Your Life

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**Books Details:**

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Author: Charles Stuart Platkin

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**Description:**

**Review** "A useful yet fun book that could provide the push you all need to achieve lasting change." -- *Shape Magazine, January 2002*

"Author breaks down 5 principles necessary to transform your life...And he's not just spouting theory..." -- *Dallas Morning News, January 5, 2002*

"Breaking the Pattern blends cozy inspiration with a dose of military rigidity." -- *The Denver Post, December 20, 2001*

"Breaking the Pattern offers accessible solutions based on the latest research." -- *Barbara Rolls, Ph.D., author of Volumetrics*

"By seriously following Platkin's approach, anyone can break the destructive patterns of their life and achieve more than they dreamed." -- *Scott W. Rasmussen, Independent Public Opinion Pollster and Broadcast Commentator - Co-Founder, ESPN*

"Highly recommended to anyone wanting to achieve their dreams." -- *John Foreyt, Ph.D., Director, Behavioral Medicine Research Center, Baylor College of Medicine*

"You'll find Breaking the Pattern to be of tremendous value." -- *Ric Edelman, author, The Truth About Money*

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**About the Author** Author Charles S. Platkin is an enthusiastic and compelling speaker who has appeared in media outlets including "The Today Show," CNN, CNBC, CBS' "The Early Show," the BBC, and 1000's of newspapers and magazines including USA Today, Los Angeles Times, and Time, as an expert in visualization and goal planning techniques.

Most recently, Platkin has applied the principles behind Breaking the Pattern toward developing a Weight Loss Behavior Modification and Counseling Program. The principles behind this online Weight Loss Program have been lauded as one of the most effective weight-loss methods available.

Mr. Platkin received his B.S. from Cornell University and received his law degree from Fordham University of Law.

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