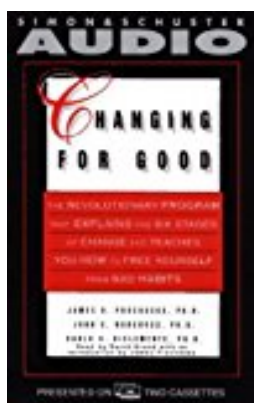# [PDF] Changing For Good

David Brand, J. Prochaska - pdf download free book

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Description:

From Library Journal From deep within the ore, great changes must be made to reveal the hidden diamond. Similar hard work is just as essential in changing human behavior, especially addictive behavior, according to the authors. Changing for Good distinguishes itself from the many other self-help materials available by espousing a sound therapeutic approach based on the authors' years of professional work with people in all sorts of damaging behavioral patterns, including smoking, overeating, alcohol abuse, and toxic relationships. The six steps to change, the social processes one must understand while changing, and the criteria used to measure success will prove useful to all self-helpers. Reader David Brand presents the text clearly and succinctly. A sure choice for all popular psychology collections.

Dale Farris, Groves, Tex.

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Their model for self-change has attracted attention worldwide and has been applied in programs sponsored by such organizations as the national cancer Institute and the National Institute of Drug Abuse.

--This text refers to the edition.