

Changing to Thrive: Using the Stages of Change to Overcome the Top Threats to Your Health and Happiness

To Download this book in many format Visit :

<https://wocoentala.org/source1/ee72d1285415a303909c9554522b1d72>

Changing unhealthy behaviors is easier said than done. Through interactive exercises, backed by countless research studies, Changing to Thrive will help readers progress through the Stages of Change and find the will power to create lasting change that will allow them to thrive.

Eat healthy. Exercise. Quit smoking. Cut down on drinking. Reduce stress. Changing unhealthy behaviors is easier said than done.

If you're like most of us, you have already made repeated attempts to change your lifestyle and improve your well-being without lasting success. You may attribute those failures to things like lack of motivation or the "wrong genes." But it's more likely that you simply don't know how to change.

In this groundbreaking book, James O. Prochaska, PhD, and Janice M. Prochaska, PhD, guide you through a six-stage process designed to help you assess your readiness to change, then tap the inner resources necessary to thrive physically, emotionally, and socially.

Backed by countless research studies, the stages of change model, developed by James Prochaska in collaboration with Carlo DiClemente, PhD, has revolutionized the field of behavior change. Through interactive exercises, Changing to Thrive will help you progress through the stages of change and learn that you have the power within to thrive. James O. Prochaska, PhD, leads the Cancer Prevention Research Center and is professor of Clinical Psychology at the University of Rhode Island. As the codeveloper of the transtheoretical, or stages of change, model, he is one of the top five most cited authors in psychology. He has received, among others, the Innovators Award from the Robert Wood Johnson Foundation and an award for Outstanding Contributions to Health Psychology from the American Psychological Association.

Janice M. Prochaska, PhD, leads the development of innovative, award-winning well-being and change management programs that address cutting-edge behavioral health issues in children and adults at Pro-Change Behavior Systems, Inc. She is one of the most widely published social workers and, in 2013, was recognized with an achievement award by Providence Business News as one of the Outstanding Leaders in New England.

www.prochange.com"If you or someone you know is struggling to make positive change in life, you may want to pick up James and Janice Prochaska's newest book, Changing to Thrive. James Prochaska, eminent psychologist and founder of the Cancer Prevention Research Center, and Janice Prochaska-both experts in health behavior change-have written a compassionate and informative book for helping people move from being uncommitted to making change all the way to taking action for change and beyond. The Prochaskas' program has been relatively successful, according to research, often reaching people who might otherwise give up. [...] For those who need a boost in getting started on a healthier lifestyle, this book may be just the one for you." - Jill Suttie, Greater Good Other Books

Einstein never used flash cards.

?? ? ? ? .