



Starting Tomorrow: 7 Steps to Lasting Change - Get Stuff Done and Have More Fun

By Dr. Kim Kensington Psy. D.

Procrastination Press. Paperback. Condition: New. 166 pages. Dimensions: 11.4in. x 8.4in. x 0.6in. Transform your good intentions into great accomplishments! Consistent action over time gets lasting results. This is easier than it sounds for some of us. Too much time that could be spent having fun is lost by procrastination. This workbook provides a 7-step, no willpower required, paint-by-numbers plan to develop new habits. The idea is to take the enthusiasm you have at the start of a change program and parlay it into a strategy that will keep you engaged over time to accomplish your goals and maintain those results. This straight-forward approach, presented with a light-hearted touch, is based on empirically sound and effective principles of learning and behavior change. How many times have you started an exercise program, a budget, a diet, or a project with lots of energy and enthusiasm and then you stopped. Here's a way to get you off the roller coaster of BIG STARTS and slow, painful never-ending fade-outs. It's been researched and tested and this program really works! Dr. Kim Kensington has designed an easy-to-follow system that teaches you how to generate action in your life and transform distractions into motivations. Her innovative program...



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