

1. Record Nr.	UNINA9910810262203321
Autore	Selig Meg
Titolo	Changepower! : 37 secrets to habit change success // Meg Selig
Pubbl/distr/stampa	New York, : Brunner-Routledge, 2009
ISBN	1-135-96769-5 1-138-46678-6 1-282-30405-4 9786612304057 1-135-96770-9 0-203-87766-7
Edizione	[First edition.]
Descrizione fisica	1 online resource (269 p.)
Disciplina	158.1
Soggetti	Behavior modification Habit breaking
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Changepower!; Copyright Page; Dedication; Autobiography In Five Short Chapters; Contents; Preface; Section I: Springboard: Change by Choice; Secret 1. Discover Your Place on the Wheel of Change; Secret 2. Try the Quick-Change Path; Secret 3. Detect Your Success Pattern; Secret 4. Respect the Power of Habit and Addiction; Secret 5. Know the Key Factor in Habit Change Success; Section II: The Precontemplation Stage: Open the Door; Secret 1. View Your Habit With a Compassionate Eye; Secret 2. Know When True Self-Care Morphs Into False Self-Care; Secret 3. Reduce Harm Secret 4. Decide on Your "Change Point"Secret 5. If Your Habit Is Out of Control, Get Help; Secret 6. Open the Door; Section III: The Contemplation Stage: Discover Your Motivators; Secret 1. Wake Up From Your Habit Trance; Secret 2. Keep Score; Secret 3. Welcome the Pain; Secret 4. Think Big: Spark Your Change With These Eight Great Motivators; Secret 5. Pump Up Your Motivation; Secret 6. Change Your Self-talk; Secret 7. Dare to Decide; Section IV: The Preparation Stage: Use Plan Power; Secret 1. Think Small: Start Your Change With a Gentle Mini-Goal

Secret 2. Build Your Plan With These 12 Super-Tools; Secret 3. Back Up Wimpy Willpower With the Right Super-tools; Secret 4. Surround Yourself With Support; Secret 5. Give Yourself a Mental Vaccination; Secret 6. Make Your Change Plan-and Tweak It as You Go; Section V: The Action Stage: Now Do It!; Secret 1. Use the Action Super-Tools on Change Day-and Every Day; Secret 2. Ride Out the Cravings With These Proven Techniques; Secret 3. Speak Up; Secret 4. Brace Yourself for the Change-back Squad; Secret 5. Shape Up a Flabby Plan With These Easy Fixes

Section VI: Lapse And Relapse: Turn Setbacks Into Success; Secret 1. Prevent Lapses and Relapses; Secret 2. Deal With the Dreadful "D Feelings" if You Do Relapse; Secret 3. Try Again; Section VII: The Maintenance Stage: Keep On Keeping On; Secret 1. Keep on Keeping on With Maintenance Super-tools; Secret 2. Keep Your Life in Balance; Secret 3. Climb a Few Rungs on the Happiness Ladder; Section VIII: The Termination Stage: Celebrating and Moving On; Secret 1. Know Your Final Destination; Secret 2. Build a Better Life With Habit Change Skills; Add More Power to Changepower!; Acknowledgments

Endnotes; Select Bibliography; Index; About the Author

---

### Sommario/riassunto

In *Changepower! 37 Secrets to Habit Change Success*, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, *Changepower!* provides a springboard for change. Research has shown that most changes take place in stages rather than overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys. Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In *Changepower!*, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators.

---