



Changeology: 5 Steps to Realizing Your Goals and Resolutions

John C. Norcross Ph.D.

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CHANGE IS HARD. But not if you know the five-step formula that works whether you're trying to stop smoking or start recycling. Dr. John C. Norcross, an internationally recognized expert, has studied how people make transformative, permanent changes in their lives. Over the past thirty years, he and his research team have helped thousands of people overcome dozens of behavioral ailments, and now his revolutionary scientific approach to personal improvement is available in this indispensable guide.

Unlike the overwhelming majority of self-help books, the *Changeology* plan has a documented track record of success. Whether you want to quit overeating or drinking or end depression, debt, or relationship distress, Dr. Norcross gives you the tools you need to change within ninety days. In addition, you can personalize your journey with Check Yourself assessments and helpful tools on the author's interactive website, ChangeologyBook.com.

Whatever your goal or resolution, *Changeology* will help you achieve a life filled with greater health and happiness.

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