



Living Smart: Five Essential Skills to Change Your Health Habits Forever

By Joshua C Klapow, Sheri D Pruitt

Diamedica. Paperback / softback. Book Condition: new. BRAND NEW, Living Smart: Five Essential Skills to Change Your Health Habits Forever, Joshua C Klapow, Sheri D Pruitt, The myriad of books and programs that encourage people to stop smoking, get organized, spend less, or exercise more tend to focus on what or why to change, but rarely explain "how" to change. "Living SMART" provides this missing piece. Developed by two behavioral psychologists, the program offers a set of practical tools drawn from science, not faddish ideas, that help readers successfully change any unhealthy behavior. Composed of five essential behavioral initiatives -- Set a goal, Monitor your progress, Arrange your world for success, Recruit a support team, Treat yourself -- the program is built on the idea that successful change takes more than mere motivation. Containing helpful tips, checklists, exercises, and progress charts, this simple, step-by-step book enables readers to take control of their lives and make positive, permanent changes. A companion website provides additional information, tips, and downloadable forms.



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