



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.



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[1.63 MB]

Reviews

The publication is straightforward in study safer to recognize. It is written in straightforward words and never hard to understand. Its been printed in an extremely straightforward way and it is just after i finished reading this book through which basically modified me, affect the way i think.

-- **Percy Bernhard**

If you need to adding benefit, a must buy book. It can be loaded with wisdom and knowledge I discovered this ebook from my dad and i encouraged this pdf to discover.

-- **Darrin Kutch**