



## This Year I Will.: How to Finally Change a Habit, Keep a Resolution, or Make a Dream Come True

By M. J. Ryan

Harmony. Hardcover. Book Condition: New. Hardcover. 240 pages. Dimensions: 6.7in. x 5.8in. x 1.0in. Are you really ready to change? Take this quiz and find out. Every New Year's Day, my list of resolutions is: Ambitious. I aim for everything from losing weight to saving more money for my retirement. Realistic. I just try to bump my good behavior up a notch--be a better friend, give more money to charity--without giving myself any strict deadlines or goals. Precise. I decide exactly how many men I will ask for a date, or how many new jobs I will apply for. Whenever I decide to change something, it's usually because: My doctor has put the fear of God into me. I read a magazine article about why making this change is important. I start daydreaming about how great life will be after I make the change. True or False: When you want to make a big change in your life, timing is crucial. Failure is: Impossible. Inevitable. Not in my vocabulary. (The answers are on the inside back flap.) Learn the secret to making changes that stick! Every so often people get inspired (again!) to lose weight, get organized, start saving, or stop worrying...



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