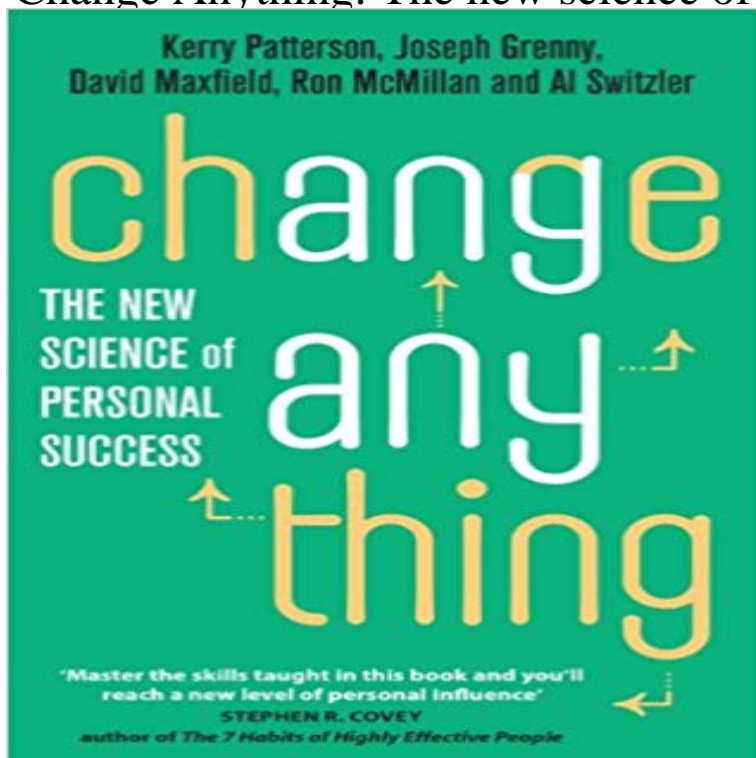


Change Anything: The new science of personal success



So often we want to make big changes in our lives, but lack the resolve to see them through. It seems we just can't summon the necessary willpower to take on these huge challenges - saving money, quitting smoking, increasing productivity, getting a promotion or pay rise, or losing weight. But here's the secret: willpower is not the answer. With a clearer understanding of the real forces that shape our actions, we can make better decisions, change our outlook, and rid ourselves of bad habits. CHANGE ANYTHING, reveals the Six Sources of Influence that affect our daily decisions and explains how you can make them work in your favour, helping you to achieve your goals. By learning how they apply to your life, you can put these subtle but strong forces to use in a positive way that brings real results. Based upon the latest psychological and medical research, this book details a variety of real world examples that will empower you to re-examine the way you go about your business and your life and will provide you with the tools to CHANGE ANYTHING.

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