



Change Anything: The New Science of Personal Success

By *Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, Al Switzler*

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A stunning new approach to how individuals can not only change their lives for the better in the workplace, but also their lives away from the office, including (but not limited to) finding ways to improve one's working relationship with others, one's overall health, outlook on life, and so on.

For example, why is it that 95% of all diet attempts fail? Why do New Year's Resolutions last no more than a few days? Why can't people with good intentions seem to make consistent and positive strides in the way they want to improve their careers, financial fitness, physical fitness, and so on?

Based upon the latest research in a number of psychological and medical fields, the authors of **CHANGE ANYTHING** will show that traditional will-power is not necessarily the answer to these strivings, that people are affected in their behaviors by far more subtle influences. **CHANGE ANYTHING** shows how individuals can come to understand these powerful and influential forces, and how to put these forces to work in a positive manner that brings real and meaningful results.

The authors present an array of everyday examples that will change and truly empower you to reexamine the way you go about your business and life.

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Editorial Review

From Publishers Weekly

A strategic, step-by-step guide to breaking longstanding bad habits from the authors of *Crucial Conversations* draws on research coming out of their Change Anything Labs, where they study and work with people struggling with self-destructive patterns. The authors introduce a system for adopting—and sticking to—better behaviors in this smart, sensible work. Targeting the main problem areas—weight, addictions, spending, career advancement, and relationships—the authors exhort readers to avoid blaming their inability on willpower ("the willpower trap") in favor of recognizing powerful influences that can counteract temptation: e.g., offering ourselves financial incentives or radically changing our physical spaces to see that we stick with healthier habits. The authors present a highly detailed holistic plan, illustrated by encouraging case studies, for making systemic changes that approach problems from every angle and promote active change. (Apr.)

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Review

A strategic, step-by-step guide to breaking longstanding bad habits from the authors of *Crucial Conversations* draws on research coming out of their Change Anything Labs, where they study and work with people struggling with self-destructive patterns. The authors introduce a system for adopting-and sticking to-better behaviors in this smart, sensible work.

Publisher's Weekly

The good news (and this book is all positive) is that you can get out of debt, beat addictions, lose weight, build healthy relationships, and become more successful in your career if you understand what the authors call the "six sources of influence that affect daily decisions." ... They offer awareness and positive steps to all who seek change in their lives.

Library Journal

About the Author

Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, and Al Switzler are the leaders of VitalSmarts, a state-of-the-art innovative training company that has taught more than two million people. VitalSmarts has consulted with more than 300 of the *Fortune* 500 companies.

Users Review

From reader reviews:

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