



Stick with It: A Scientifically Proven Process for Changing Your Life-For Good (Hardback)

By Sean Young

Harper, 2017. Hardback. Condition: New. Language: English . Brand New Book. #1 Wall Street Journal Bestseller An award-winning psychologist and director of the UCLA Center for Digital Behavior shows everyone how to make real, lasting change in their lives in this exciting work of popular psychology that goes beyond The Power of Habit with science and practical strategies that can alter their problem behaviors--forever. Whether it's absent-minded mistakes at work, a weakness for junk food, a smart phone addiction, or a lack of exercise, everyone has some bad habit or behavior that they'd like to change. But wanting to change and actually doing it--and sticking with it--are two very different things. Dr. Sean Young, an authoritative new voice in the field of behavioral science, knows a great deal about our habits--how we make them and how we can break them. Stick with It is his fascinating look at the science of behavior, filled with crucial knowledge and practical advice to help everyone successfully alter their actions and improve their lives. As Dr. Young explains, you don't change behavior by changing the person, you do it by changing the process. Drawing on his own scientific research and that...



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