

CHANGEPOWER!: 37 SECRETS TO HABIT CHANGE SUCCESS BY MEG SELIG



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Review

"This book grabs your attention and doesn't let go. The secrets revealed in Changepower! will help you change your life, as well as your habit." - Bill O'Hanlon, author of Change 101 and Do One Thing Different

"Given how much I have read and written about change, it is a pleasure to find something so engaging with the potential to enhance my personal changepower!" - James O. Prochaska, author of Changing for Good

"Finally, a unique habit change book that will appeal to counselors and students as well as clients. Meg Selig's Changepower! synthesizes the wisdom of the greatest minds in psychology so we can apply their techniques to our daily lives. Read this book. Each chapter is a life-changing experience." - Howard Rosenthal, Professor and Coordinator of the Human Services Program at St. Louis Community College at Florissant Valley, USA

About the Author

St. Louis Community College, Florissant Valley, USA

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In *Changepower! 37 Secrets to Habit Change Success*, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, *Changepower!* provides a springboard for change.

Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In *Changepower!*, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators.

Research has shown that most changes take place in stages rather than overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys.

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Most helpful customer reviews

5 of 6 people found the following review helpful.

Need self-improvement? Here's the real deal!

By MH Counselor

As a professional helper myself I am rarely, if ever, impressed with self-help books. Changepower is the exception. As a counselor herself with a wealth of experience, Meg Selig provides techniques that are used by professional helpers. I like the upbeat tone of the book. The strategies are easy to follow. I have recommended this book to my students as well as clients. Most of today's "get real" self-improvement books are to embarrassing to recommend. This book will cost you a lot less than seeing a therapist and could provide you with all the help you need. And yes it is written by the same Meg Selig that writes the spirited blogs for Psychology Today.

4 of 5 people found the following review helpful.

Change in progress

By Jane Klopfenstein

I don't read many self-help books, but I thought, "Okay, I'll use it to bump up my motivation to lose the five pounds I gained over Christmas. By the time I finished I was revved up to tackle the massive clutter in my basement! (I've already dropped the weight, and the basement is coming along.) Selig has a very readable style and a step-by-step approach, backed up with the psychological research and enriched with fascinating stories of success (and failure) from her students. She guides you to reflect on your own sources of motivation and provides a great, practical "toolbox." The book is a good companion to revisit when the "change" energy flags.

3 of 4 people found the following review helpful.

Based on the latest science of habit change

By Elizabeth Powell

I love this book. Most books on this subject are pure hype, telling you to go eat nothing but grapefruit or "just quit" smoking (which is fine for a few, but....)

Meg Selig knows all the research about exactly how to set up the stages of change for yourself--the stages that successful "changers" have done with whatever habit they are breaking. She makes it simple. If you understand those stages, you know what you're going through, you won't backslide as easily, and you can understand the occasional lapse and still keep going toward your goal. Also, the author is a cheerleader all the way; the book is very optimistic.

See all 8 customer reviews...

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