Make Some Changes.

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 --but a few months later they give up, frustrated. It doesn’t have to be that way. In This Year I Wil...l, bestselling author M.J. Ryan offers breakthrough wisdom and coaching to help readers make this time the time that change becomes permanent.

Why do people find it so hard to change? The secret is that everyone has their own formula for making changes that stick, but most people don’t know what theirs is. They think there is one way to lose five pounds, and
another way to stay on top of their e-mail, but they don’t realize that for all changes, there is one system that works best for each individual. This Year I Will . . . helps you lock on to your unique formula for planning, implementing, and seeing a life change through, so you can use it again and again to tackle anything else you’d like to do.

For anyone who has broken a New Year’s resolution, fallen off a diet, or given up on fulfilling a dream, the ingenious strategies, inspiring stories, and sheer motivational energy of This Year I Will . . . help you make a promise to yourself that you can actually keep.

Answers to the jacket quiz: c, c, false, b. Take the whole quiz and learn your score at M.J. Ryan’s Web site, www.mj-ryan.com.

**Personal Review: This Year I Will...: How to Finally Change a Habit, Keep a Resolution, or Make a Dream Come True by M.J. Ryan**

Why don't people keep their New Year's resolutions, despite having the best intentions to do so?
What is missing that's making changing such a struggle?
What's needed to make change happen more smoothly?
How should I best deal with the inevitable setbacks?

The author does an excellent job of tackling these questions so you can finally accomplish those goals that seem so elusive.
What I like about her method is that it's not one-size-fits-all. That's because what may work perfectly for your friend may not work for you.

An example she uses is the reward system. How many books have you read that say, if you need motivation to do something, how about promising yourself a reward afterwards?
Now, this might just be the perfect incentive for someone...but for someone else, especially someone who is an addict, this reward system could spell disaster.
An overspender might reward themselves with a shopping spree. An overeater might reward themselves with high fat foods.
The reward system ends up sabotaging their good efforts.

There are many tips in this book to choose from, making it easy to customize a plan that's perfect for you.

For More 5 Star Customer Reviews and Lowest Price:
This Year I Will...: How to Finally Change a Habit, Keep a Resolution, or Make a Dream Come True by M.J. Ryan 5 Star Customer Reviews and Lowest Price!