

The Little Book of Big Change: A Practical Guide to Everyday Transformations



The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit by Amy Johnson Ph.D.

★★★★☆ 4.5 out of 5

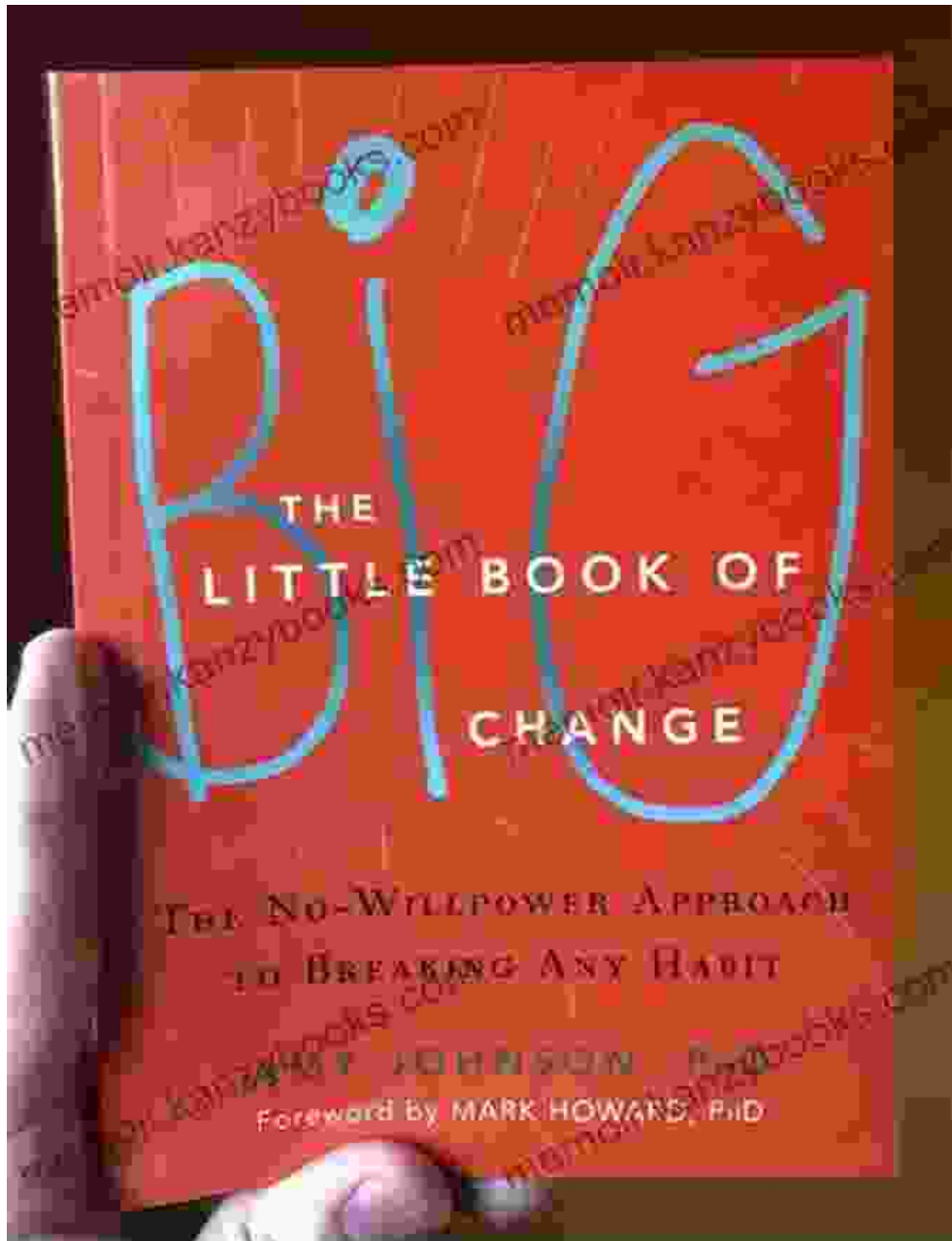
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Enhanced typesetting : Enabled
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Word Wise : Enabled
Screen Reader : Supported
Print length : 234 pages

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By Marshall Goldsmith and Amy Elizabeth Goldman



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What is The Little Book of Big Change?

The Little Book of Big Change is a practical guide to everyday transformations. It offers simple and effective tools for creating lasting change in your life. Written by Marshall Goldsmith and Amy Elizabeth Goldman, The Little Book of Big Change is based on the latest research on

positive psychology and behavior change. It is full of helpful tips and exercises that can help you make positive changes in your life.

Who is The Little Book of Big Change for?

The Little Book of Big Change is for anyone who wants to make positive changes in their life. It is perfect for people who are feeling stuck or unmotivated, or who want to improve their focus, productivity, and motivation. It is also a great resource for people who are working on personal growth or change management.

What are the benefits of reading The Little Book of Big Change?

The Little Book of Big Change can help you to:

- Identify the areas in your life that you want to change
- Set realistic goals for change
- Develop a plan for making change
- Stay motivated and on track
- Make lasting change in your life

What are the key takeaways from The Little Book of Big Change?

The key takeaways from The Little Book of Big Change are:

- Change is possible, even when it feels difficult.
- Small changes can lead to big results.
- It is important to focus on your strengths and build on them.
- You are not alone in your journey of change.

- You can achieve anything you set your mind to.

How can I use The Little Book of Big Change in my life?

There are many ways to use The Little Book of Big Change in your life. You can read it cover to cover, or you can focus on specific chapters or sections that are relevant to you. You can also use the exercises in the book to help you make changes in your life. Here are a few ideas for how you can use The Little Book of Big Change in your life:

- Read the book to get inspired and learn about the latest research on change.
- Use the exercises in the book to help you identify the areas in your life that you want to change.
- Set realistic goals for change and develop a plan for making change.
- Stay motivated and on track by using the tips and strategies in the book.
- Share the book with others who are interested in making positive changes in their lives.

The Little Book of Big Change is a powerful tool for anyone who wants to make positive changes in their life. It is full of practical advice and exercises that can help you to identify the areas in your life that you want to change, set realistic goals for change, and develop a plan for making change. If you are ready to make a change in your life, I encourage you to read The Little Book of Big Change.

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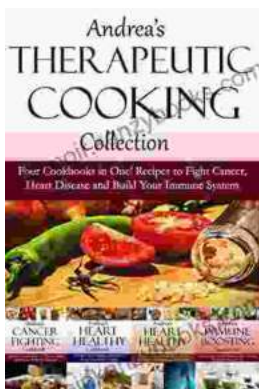
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