Change Anything: The New Science of Personal Success

by Al Switzler

Change Anything: The New Science of Personal Success offers a strategic, step-by-step guide to breaking longstanding bad habits. The book is based on the latest scientific research and provides clear advice on how individuals can truly change their professional and personal lives. It explains how to change habits, not just behaviors, and how to create lasting change. Change Anything is applicable to the workplace, relationships, and personal development. This innovative book aims to help you achieve success by making changes in your behaviors and patterns.
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