

The Bad Habit Liberator Mrr

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Change is not an event, but a process. Change happens through a series of stages, and most successful self-changers fail at least once before they succeed. Willpower alone wont do it. You need to understand the cycle of change, or you risk substituting one bad habit for another, as so often happens when ex-smokers satisfy their craving for something by overeating. Success depends on having the right information and knowing how to use it. Researchers have identified six clear stages in the process of successful self-change: 1. Denial 2. Awareness 3. Preparation 4. Action 5. Maintenance 6. Termination

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