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**Small Move, Big Change: Using Microresolutions to ...**

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Small Move, Big Change is Arnold s guide to turning broad personal goals into meaningful and discrete behavioral changes that lead to permanent improvement. A microresolution is easily kept and designed to nail a self-improvement target exactly and deliver benefits immediately.

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Get this from a library! Small move, big change : using microresolutions to transform your life permanently. [Caroline L Arnold; Soneela Nankani; Recorded Books, LLC.; Playaway Digital Audio.; Findaway World, LLC.] -- Whether trying to lose weight, save money, or get organized, we're always setting goals and making resolutions but rarely following through on them.

## **Small move, big change : using microresolutions to ...**

Small Move, Big Change is Arnold's guide to turning broad personal goals into meaningful and discrete behavioral changes that lead to permanent improvement. Providing scores of engaging real-world examples and new scientific findings, she shows us that while the traditional resolution promises rewards on a distant "someday," microresolutions work because they reward us today by instantly ...

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