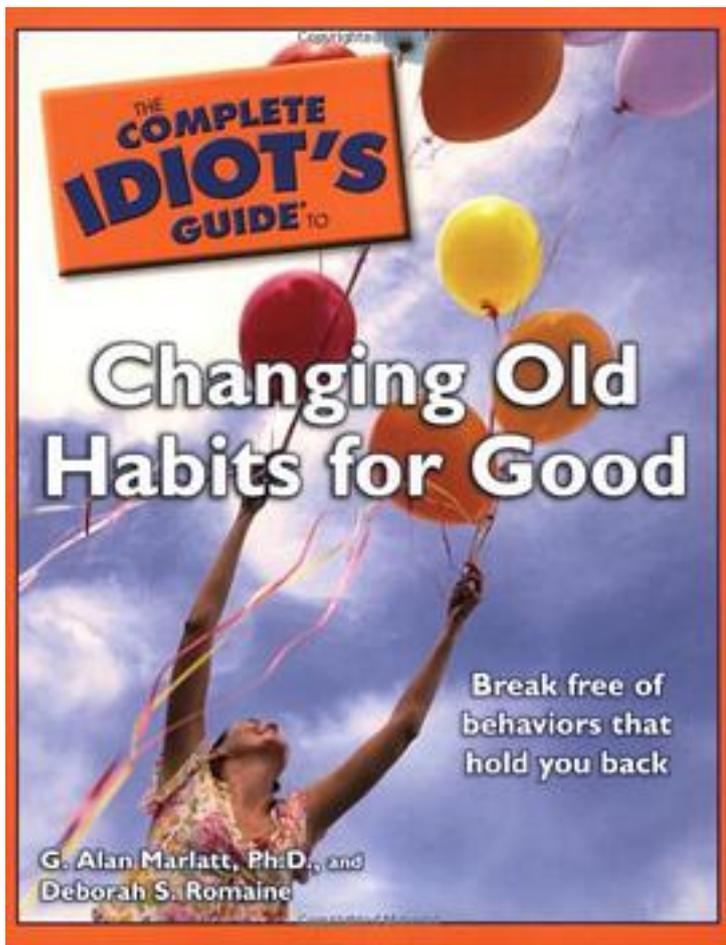


The Complete Idiot's Guide to Changing Old Habits for Good



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Kick bad habits—for good!

Nearly everybody has at least one self-destructive habit they can't eliminate— from spending too much time online to eating too much ice cream. Changing an old habit is no easy business and more than 90% of people relapse within a year. This one-of-a-kind guide helps readers separate good habits from bad, evaluate the risks and benefits, prepare themselves for change, and make the change—for good.

- Dr. Marlatt is a groundbreaking author at the top of the relapse prevention field
- This book shares the latest research on kicking old habits for good

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