

Behavior Change

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"A simple and straightforward guide to accessing your inner resources
and making desired changes in your life. I heartily recommend it."
Tim Gallwey, Author of *The Inner Game Of Tennis*

BEHAVIOR CHANGE



a view from the inside out

HANK FIEGER
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出版者:

出版时间:2009-4

装帧:

isbn:9781600374630

This insightful and personal handbook offers business leaders, teachers, therapists, coaches--individuals from all walks of life--a working guide to help them modify, improve, and change their behavior. Embracing the belief that effective behavior resides within each individual, Behavior Change does not tell its readers what they need to do differently but rather illuminates the process of changing behavior based on four fundamental principles: * Awareness and acceptance are the first steps to creating lasting change. * Understanding what holds habitual behavior in place is key to doing things differently. * Improvement means making a new choice and replacing old behavior patterns with more effective and productive ones. * Reinforcement emphasizes that practice with feedback brings improvement.

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