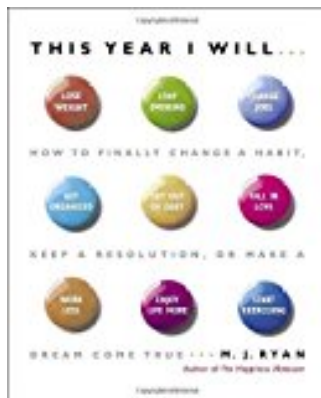


# [PDF] This Year I Will...: How To Finally Change A Habit, Keep A Resolution, Or Make A Dream Come True

M.J. Ryan - pdf download free book

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#### Books Details:

Title: This Year I Will...: How to F  
Author: M.J. Ryan  
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#### Description:

**From Publishers Weekly** Fast forward a few months (or a few weeks) into any given new year, and most peoples' resolutions have been either forgotten or abandoned. As one of the creators of the bestselling Random Acts of Kindness series, author and life coach Ryan outlines a concrete and

practical strategy for following through on a resolution while dealing with all of life's other ups and downs: "One of the tricks about change is that we have to figure out how to do it in the midst of everything else." In encouraging, easy-to-read chapters, Ryan tackles the obstacles that keep readers from their goals and provides helpful tools and language to quell negative, self-defeating thoughts. Championing affirmation and cognitive therapy strategies, Ryan urges readers to switch from "why" thinking to "what could be possible" thinking, using "right brain" skills to achieve success: "The right brain is future oriented. It's where our aspirations, our dreams, our longings reside." Ryan's handy self-help will prove welcome for anyone seeking gentle but solid help in achieving personal change.

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**Review** Advance Praise for *This Year I Will . . .*

"If you're struggling and think that one more book can't possibly make a difference, think again. MJ Ryan has the rare gift of breaking things down into clear pieces that can be tackled."

—Laura Berman Fortgang, author of *Now What? 90 Days to a New Life Direction*

"*This Year I Will . . .* is the go-to book to learn how to start that self improvement journey---and maintain it for life!"

—Pamela Peeke MD, MPH, FACP, author of *Body for Life for Women*

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