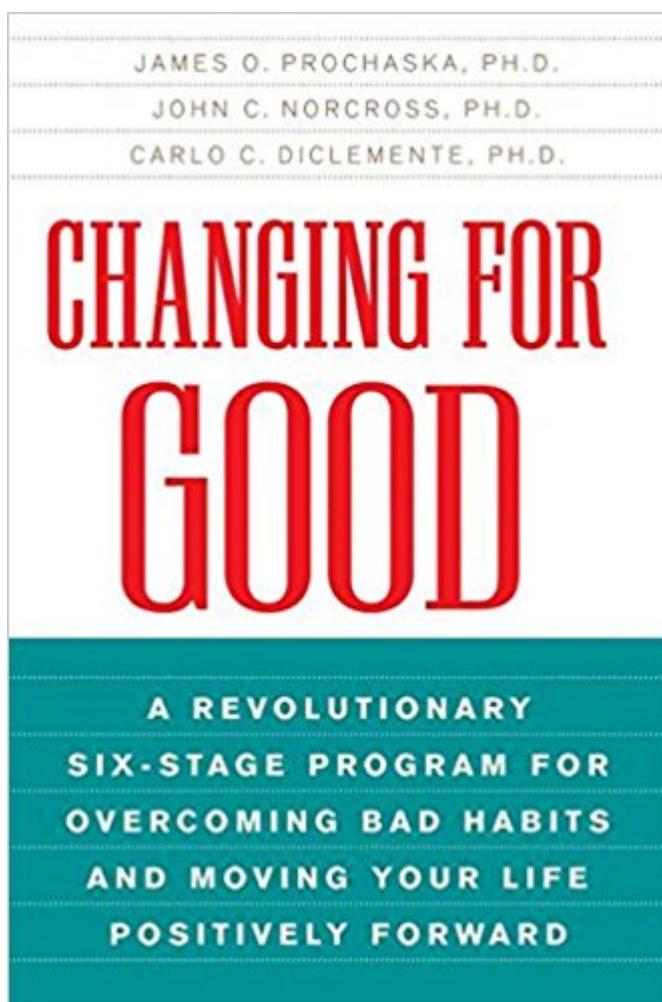


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# Changing For Good: A Revolutionary Six-Stage Program For Overcoming Bad Habits And Moving Your Life Positively Forward



## Synopsis

How many times have you thought about starting a diet or quitting smoking without doing anything about it? Or lapsed back into bad habits after hitting a rough spot on the road to recovery? To uncover the secret to successful personal change, three acclaimed psychologists studied more than 1,000 people who were able to positively and permanently alter their lives without psychotherapy. They discovered that change does not depend on luck or willpower. It is a process that can be successfully managed by anyone who understands how it works. Once you determine which stage of change you're in, you can: create a climate where positive change can occur, maintain motivation, turn setbacks into progress, make your new beneficial habits a permanent part of your life. This groundbreaking book offers simple self-assessments, informative case histories, and concrete examples to help clarify each stage and process. Whether your goal is to start saving money, to stop drinking, or to end other self-defeating or addictive behaviors, this revolutionary program will help you implement positive personal change . . . for life. The National Cancer Institute Found this program more than twice as effective as standard programs in helping smokers quit for 18 months.

## Book Information

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## Customer Reviews

From deep within the ore, great changes must be made to reveal the hidden diamond. Similar hard work is just as essential in changing human behavior, especially addictive behavior, according to the authors. *Changing for Good* distinguishes itself from the many other self-help materials available by espousing a sound therapeutic approach based on the authors' years of professional work with

people in all sorts of damaging behavioral patterns, including smoking, overeating, alcohol abuse, and toxic relationships. The six steps to change, the social processes one must understand while changing, and the criteria used to measure success will prove useful to all self-helpers. Reader David Brand presents the text clearly and succinctly. A sure choice for all popular psychology collections.Dale Farris, Groves, Tex.Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

James O. Prochaska, Ph.D., is a Professor of Psychology and Director of the Cancer Prevention Research center at the University of Rhode Island. John C. Norcross, Ph.D., is Professor and former Chair of Psychology at the University of Scranton. Carlo C. DiClemente, Ph.D., is Professor and Chair of the Department of Psychology at the University of Maryland, Baltimore County. Their model for self-change has attracted attention worldwide and has been applied in programs sponsored by such organizations as the national cancer Institute and the National Institute of Drug Abuse.

This book offers a structure for understanding the process of voluntary self-change. With it, you have much more understanding of where you are and what you need to do next, and you have a much better chance of success. The highest possible recommendation.

In this book, Prochaska and colleagues describe their 6 main stages of change: pre contemplation, contemplation, preparation, action, maintenance and recycling. They present valuable ideas and applications for each stage, using concrete stories as examples. I appreciated how they emphasized that lapsing is a normal part of any change process, and that it doesn't necessarily lead to relapsing, unless accompanied by loads of shame, guilt and self-blame.I'm not sure I had a lot of "Aha!" moments reading this book, probably because the contents are so logical they almost seem predictable. Still definitely found the information very usable in understanding, assessing and planning behavioral change.Marie-Josée Shaar, Author of *Smarts and Stamina: The Busy Person's Guide to Optimal Health and Performance*

Changing bad habits is hard enough, but it's really a problem when you don't quite know how to go about it. Prochaska presents his learnings from years of clinical study, in a careful plan of understanding the stages of change and applying appropriate techniques for each stage. It's still not easy, but these ideas help. I've gone from occasional light exercise to enjoying frequent exercise

within the limits allowed by my disability, and it's made a huge difference in how I feel.

I bought this book as a supplementary read towards my smoking cessation goal. It contains lots of useful information, tables, self-tests and the such. Although it can be a little pep talk, the methods encompassed here are of undeniable value to those open enough to implement them. If you're looking for a magic book to get rid of that nasty habit that's been bugging you for years, this is not for you. If you need resources to acknowledge and tackle those habits, give it a honest read and let it help you.

Hard to get engaged in this book. I never made it to the end.

In *Changing for Good*, Prochaska, DeClemente, and Norcross took the model of change that they developed as a means of avoiding the bias inherent in other approaches to the understanding of behavioral change and translated it into a behavioral approach to changing. They have made suggestions for passage through their staged developmental model that can be helpful both to individuals seeking to change entrenched behavior on their own and to therapists who choose to adopt their model in clinical practice. The model itself is straightforward and rings true with anyone who has succeeded in changing a significant behavior in his/her life. The language is also direct and avoids psychological complexity and the jargon often born out of affiliation with one or another theoretical bias. Treatment approaches based on their model have proven effective in assisting individuals in making significant change in any number of areas: substance use problems, diabetes, heart disease, weight loss, medication compliance. In other words, a model helpful to anyone making significant changes in life pattern and style. The success of such approaches is not simply a matter of anecdote but of controlled studies. In short, it seems that they have hit on the way that behavioral change actually occurs in people's lives. For therapist who are interested, it is an excellent companion to *Motivational Interviewing* (2nd ed.) by W. Miller and R. Rollnick.

This book is VERY informative. It is great for people who want to change and are wondering why previous endeavors toward change fail and how this can be circumvented by understanding the stages of change necessary for change to take place and last.

I read this to prepare to teach a course titled *Understanding Change in Yourself and Others*. While I was prepared to find fault with a problem-based method, I found Prochaska et al. to have

surprisingly positive and uplifting suggestions for a successful change process.

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