



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

Deborah S. Romaine, G. Alan Marlatt

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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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