



ACT from Choice: Simple Tools for Managing Your Habits, Your Emotions and Yourself, to Be How You Mean to Be (Hardback)

By Robert Goldmann

Clarity Publications, LLC, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Train your brain to help you manage your emotions, your habits, and yourself Everyone says and does things they later regret. We do those things repeatedly, unable to restrain ourselves as often and as much as we want. They re habits. Act from Choice will help readers manage those unwanted habits so they can be the way they mean to be. Habits are unwanted when they violate our sense of ourselves and our values. They can include things like inappropriate angry outbursts, procrastination, breaking the diet or abandoning the exercise program. When unwanted habits have their way, our actions (or inaction) may leave us disappointed with ourselves, embarrassed and even out of integrity. Management of unwanted, regrettable habits is central to self-management, to emotional intelligence, to strong personal and professional relationships and even to self-esteem. In Act from Choice: Simple tools for managing your habits, your emotions and yourself, to be how you mean to be, the author shares his first-hand view on how habitual patterns can stand in the way of achieving happiness, effectiveness and fulfillment. Act from Choice is the result...



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