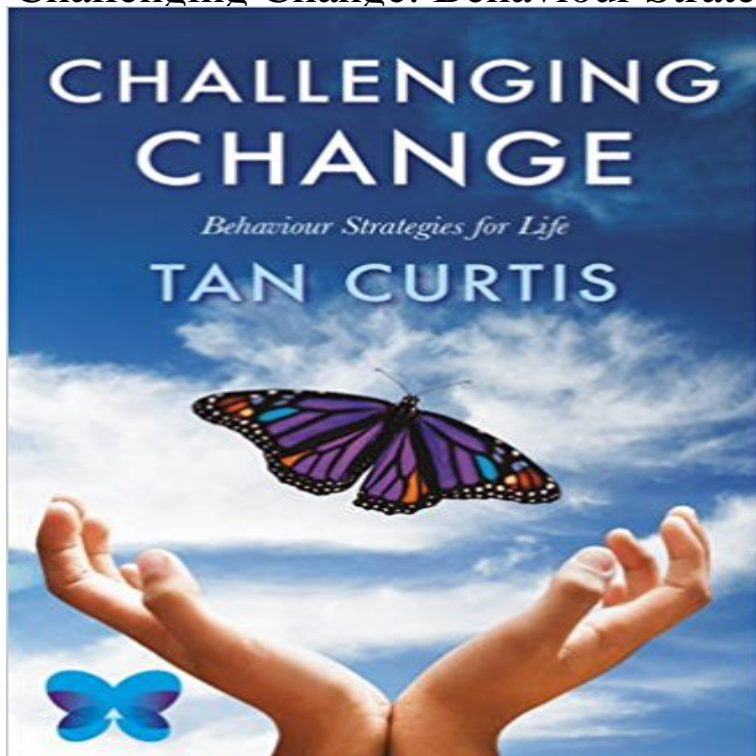


## Challenging Change: Behaviour Strategies for Life



Challenging Change has been written to help individuals to learn to understand their own unwanted behaviours and the unwanted behaviours of others. This book explores why unwanted behaviour occurs and how to develop and implement strategies aimed at changing your behaviour for a brighter future. Challenging Change also provides a number of strategies that can be adapted to support other people who are trying to change their own unwanted behaviours. The book includes many examples - based on real-life cases - of how people have changed their behaviour. Using a thermometer technique, Tan Curtis helps the reader to understand the nature of their own problem behaviour and tackle it with simple, effective and sympathetic advice.

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