



Changing for Good: The Revolutionary Program That Explains the Six Stages of Change and Teaches You How to Free Yourself from Bad Habits

James O. Prochaska, John C. Norcross, Carlo C. Diclemente

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a new approach for changing self-destructive behavior, including overeating, smoking, and drug abuse, offers a step-by-step explanation of the six stages essential to self-change. Tour.

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