

# UNDERSTANDING CHANGE

By Stanley J. Gross, Ed.D.

## What the booklet is about

*Are your New Year's resolutions ancient history now? Do the changing seasons remind you of your inertia? Have you tried to make changes only to fall back to your old ways? Have you wondered how other people do it?*

In a world where the only certainty is change, making intentional change is fraught with paradox and counter intuitive logic. Change is all around us, yet is widely believed to be difficult. While external circumstances prompt change, altering oneself is often the solution. Those who learn to change themselves in response to changing circumstances tend to live more healthful, satisfying and successful lives. This booklet answers the question of why three-quarters of the people who make lifestyle changes fail to maintain them. The focus here is on the skills to deal with (1) resistance to change, (2) planning change, and (3) maintaining change.

## Specifications

18 pages, 8 ½" X 11" – plus suggested readings, and exercises.  
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