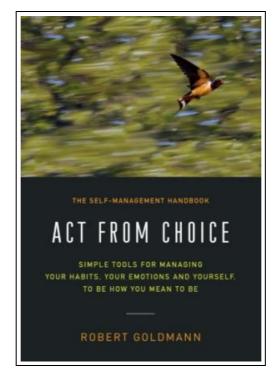
# ACT from Choice: Simple Tools for Managing Your Habits, Your Emotions and Yourself, to Be How You Mean to Be (Paperback)



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# Reviews

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(Michale Beier I)

# ACT FROM CHOICE: SIMPLE TOOLS FOR MANAGING YOUR HABITS, YOUR EMOTIONS AND YOURSELF, TO BE HOW YOU MEAN TO BE (PAPERBACK)



Clarity Publications, LLC, 2017. Paperback. 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 of Robert Goldmann's research of the scientific literature and experience helping people see themselves and their situations more clearly in order to manage themselves more effectively. Seeing more clearly means seeing with a clarity that cuts through the biases and filters we re all subject to. Drawing on his review of the research involving over 450 scientific articles and books on habitual behavior, Goldmann describes: what people do; why people do it; gives proof with examples; and describes how to manage unwanted habits. Case histories, along with novel, simple tools - many not previously available, show how to train...

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