



Flex: Do Something Different

Ben (C) Fletcher, Karen J. Pine

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Imagine being able to handle any situation with ease. Arguing that our habits undermine our ability to rise to new challenges, this self-help guide demonstrates how a change in behavior can lead individuals to feel happier, less stressed, and more in control. Written by highly respected psychologists, it takes a broad approach, allowing the flex technique to be applied to a variety of problems, including stress, alcoholism, addiction to smoking, and weight issues. Proposing a simple habit-breaking method, this reference is sure to interest anyone who wishes to get out of a behavioral rut.

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