



# Changeology: 5 Steps to Realizing Your Goals and Resolutions

*John C. Norcross , Kristin Loberg (With)*

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**Changeology: 5 Steps to Realizing Your Goals and Resolutions** John C. Norcross , Kristin Loberg (With)  
**From one of America's foremost authorities on personal change comes the blueprint for his cutting-edge system, showing readers how to execute permanent lifestyle changes in just five steps.**

Is there a scientific formula you can follow to change your life?

Change is hard. But not if you know the 5-step formula that works whether you're trying to stop smoking or start recycling. Dr. John C. Norcross, an internationally recognized expert, has studied how people make transformative, permanent changes in their lives. Over the past thirty years, he and his research team have helped thousands of people overcome dozens of behavioral ailments. Now his cutting-edge, scientific approach to personal improvement is being made available in this indispensable guide.

Unlike 95 percent of self-help books, the *Changeology* plan has a documented track record of success. Whether you want to quit overeating or drinking, or end depression, debt, and relationship distress, Dr. Norcross gives you the tools you need to change what you want within 90 days. *Changeology* shows you:

- \* How to define your goals and get started in a new direction
- \* How to pump up your motivation and prepare for self-change
- \* How to prevent relapses into old patterns
- \* How to master the skills that will help you sustain change
- \* How to personalize your journey with Check Yourself assessments and an interactive website, [www.ChangeologyBook.com](http://www.ChangeologyBook.com).

Whatever your goal or resolution, you can use *Changeology* to achieve a life filled with greater health and happiness.

## Changeology: 5 Steps to Realizing Your Goals and Resolutions Details

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# **From Reader Review *Changeology: 5 Steps to Realizing Your Goals and Resolutions* for online ebook**

## **Steve Morse says**

Bored me to tears. This was as dry as it gets. Pass

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## **Jessica says**

I have read SO many self-help books, but this is possibly the first one to actually back up its claims with research and statistics. I am a devout New Year's resolver, yet I found I was having to repeat some of the same goals over and over. This book finally helped me figure out why that was.

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## **Wanda says**

I won this book from Goodreads first-reads a several months ago. And I wanted to actually try the concepts in this book before giving it a review.

When I first read the book I actually thought that the process of change explained in the book made a lot of sense. In fact I had previously come to the same conclusion, that in order to make change effective in your life you must have something to replace the old with the new.

The book is well written. It is easy to understand. Nothing in the book is impossible to accomplish. And, best of all, you don't have to spend a lot of money to practice the concepts in the book; so anybody can do it.

So, I have given the book a try. And I think that the author, John Norcross, has done his studies well. He has actually made a science out of change. And his concepts are sound. If you follow the process Norcross has laid out in his book you will be more successful in enacting change in your life.

I recommend this book to anybody who has something in their life that they want to change; and you know we all do. Don't wait for desperation to set in; get the book and make a change in your life for the better.

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## **Soundview Executive Book Summaries says**

*Changeology: 5 Steps to Realizing Your Goals and Resolutions* by John C. Norcross, PhD was chosen by Soundview Executive Book Summaries as one of the Top 30 Business Books of 2013.

### **THE SOUNDVIEW REVIEW:**

An inability (or unwillingness) to change can present a formidable barrier to personal and career success. A more heartbreaking scenario is an individual who makes repeated attempts to change only to fall prey to the same stumbling blocks each time. John C. Norcross, Ph.D., professor of psychology at the University of

Scranton, has spent more than three decades researching and working with people to overcome behavioral challenges. His new book *Changeology: Five Steps to Realizing Your Goals and Resolutions* makes a bold claim by stating, “Unlike 95 percent of self-help books, the *Changeology* plan has a documented track record of success.” Leaders have an opportunity to put Norcross’ work to the test. *Changeology* is now available for download as a Soundview Executive Book Summary.

While the summary can be read in about an hour, executives will need to commit a minimum of 90 days to help a behavior change take root. Norcross describes research that demonstrated 75 percent of people stick with a change behavior for one week only to fall back into their old patterns. For those that work on a new behavior for 90 days, “the probability of relapse after that is modest,” Norcross writes.

*Changeology* provides readers with five steps to execute a change. The steps (Psych, Prep, Perspire, Persevere and Persist) are described in detail and matched to particular segments of the 90-day timeframe. For each step, Norcross provides exercises or instructions that give the *Changeology* method more structure than other personal change books that give a loose framework and rely on the reader to fill in the gaps.

One of the strongest sections of *Changeology* is Norcross’ deconstruction of five “self-defeating” myths about change. By attacking frequently named barriers, such as reliance on willpower and genetic inability to overcome certain behavior issues, Norcross gives readers a head-start on the mental journey to successful change.

Soundview's 8-page Executive Book Summary of *Changeology* is available [here](#).

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### **Heather Anne says**

Recently I read this book and felt it was very helpful and factual. I learned that one reason I have found it difficult to change is that I tried to change too many things at once. He recommends trying to change no more than 2-3 things at once, and then only if they are related (for example: eating right and exercising) and focusing on those areas for 90 days. I think it could easily be a useful self-help bible, and I'd recommend it to anyone wanting to change personally, but disliking flaky non-evidence based stuff. It bears re-reading to find more helpful tips, or to follow along with someone else, like a therapist. I subtracted one star, because it could have been more inspiring.

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### **Stephanie says**

Set a goal and how to follow through. Great pointers.

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### **Anita says**

I found this to be a little better than their previous book: *Changing for Good*. It's still very comprehensive. Well backed by research. And well (accessibly) written book on the topic.

There are some gaps - but that's inevitable on a topic that can have millions of variations (unique for each person).

The biggest thing missing for me was the lack of a single representation of all the steps, and their respective tactics and sub-tactics. That would have made a great help sheet. If there is one - I missed it :o(

I feel a lot of people may be scared off by the amount and seeming complexity of the work required...

Overall GREAT book!

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## **Molly says**

I went through all the steps in this book as I was reading it and, surprisingly, it still went by quickly. This is *\*not\** one of those books of exercises that will bog you down until you give up on even finishing it (that's happened to me a few times with what started out as interesting books). The combination of exercises, check-ups to see your progress, personal stories from his experiences, and scientific research findings make this book both entertaining and enlightening.

One of the best parts of the book is that in the beginning you're introduced to two real people who started this plan (before it was a book), and you follow their progress throughout the book to the end. It's a big help to see how others have made plans, stumbled, doubted, tried again, and succeeded. Dr. Norcross even shares his personal goals from weight loss to flossing every morning! Touches like these keep the topic fresh and personal.

I chose to keep a notebook while I did the exercises, but you really don't need to. "Changeology" has its own website with all the same forms as in the book so you can choose to keep a copy on your computer instead of on paper that could get lost. The website is very clear and easy to use. The forms look very nice when printed out, too.

Another great feature is that Dr. Norcross advises you to take on *\*two\** changes at once. That surprised me! To me it makes the process feel more interesting because you're not just focused on one goal, one change, one plan of action. And really, who in real life gets to focus on just one thing at a time? This book is great for helping you know what's most important now and how to balance that with the other parts of your life.

I love how the steps can be applied to *\*anything\** you want to change, anything at all. It's had such a huge impact on my way of thinking that I've noticed myself applying the methods in the book to other things in my life without actually meaning to. Once you see how easy it can be to make great changes, you'll start doing it all the time! I think I'll revisit the whole process again, though, for other changes that I'd like to explore in detail.

"Changeology" contains two very helpful appendices: one, a huge list of helpful books organized by issues you may wish to change (family problems, stress, parenting, eating disorders, etc.) and the other, how to choose a good therapist. Though the goal of the book is self change, the author knows that some issues need outside help and he offers this information in a very clear and understanding way. Another end-of-book section is the notes, not to be missed because they contain the more technical information of the research on which the book was based. The index is very detailed (12 pages) and should make short work of finding what you seek in the text.

Needless to say, I've tackled my two changes and am doing great! My first was to begin exercising at least 4 times a week and the other was to become more orderly and successful with my online store. For over a

month, I haven't skipped a single workout and I'm noticing real improvement in my strength and stamina (not to mention weight loss!). My shop, too, is prospering--all items are current, mail is promptly answered, and the whole process is streamlined and productive.

I always thought of myself as being strong-willed, but looking at my problems I saw that that's not enough. You need a plan. And "Changeology" is my plan.

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### **Angela Alfonso says**

So informative, much new? Not really but some important comments.'Success is purely based on ones self efficacy. Be honest with oneself, know where u are on the 5 step plan and advance to next.....but without willpower and proper support systems you will not succeed

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### **Pure Providence says**

I'm just beginning the first quarter of the book, and I have to say I am surprised at some of the negative commentary. Yes, the author does present a lot of scientific evidence, and is at times, repetitive. However, I believe his 30-year record in this particular field does deserve credibility to justify his reasoning that this system isn't like the other 25,000 self-help books out there. The problem with people who read these kinds of books is they expect authors to skip right to the chase because they are so anxious to get into work mode. Thus, they forget that big changes require doing your due diligence and learning the techniques before jumping without preparation.

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### **Scott Wagner says**

Having picked up this book two months into a already pre designed 90 day plan, I was bored. I felt ahead of the text for the entire book. I would read it if I needed a true change in my life. The steps are simple and the plan seems solid. I've always hope I tried to change using this method, but realized I skipped and mismatched stages.

Good read if you have time and truly want a major change.

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### **LooksLater says**

THIS is a book (THE book?) to help good intentions become skillful action. The amount of research here blew me away. A lot of the methods used are pretty common sense, but attacking them in a logical, timely order and giving each step of change the attention to detail that it deserves makes the difference between success and failure...as the research clearly shows. Great book, the best I've read on change/resolutions.

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