

Small Change

Larry Terkel, Susan Terkel
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Larry Terkel, Susan Terkel : Small Change before purchasing it in order to gauge whether or not it would be worth my time, and all praised Small Change:

1 of 1 people found the following review helpful. Great Nuggets of AdviceBy GaryboomIt's amazing how such simple things can slowly add up to larger changes. I've made a list of all the little changes I want to make now and we'll see how effective this process can be. Well written book with good personal insights on how to shift experiences and build a better life. 2 of 2 people found the following review helpful. Great IdeasBy Arvind SrivastavaMy father-in-law loved it so much that he wanted to give a copy of everyone in the family! I ordered many copies for distribution. We all need to step back and apply some of the concepts every day. I never sang in my life and inspired by this book I started singing which surprisingly people love. 0 of 0 people found the following review helpful. Four StarsBy KachilVery practical.

It's the little things in life that make a big difference! Replace a soft drink with water at just one meal-say, lunch. Over the course of a year, you will drink approximately forty gallons more water, avoid consuming up to 50,000 calories, and save as much as \$500. Indeed, just as the stray coins you toss into a jar each evening gradually build into an amount you can use to actually purchase something substantial, small changes-of any kind-can really add up! In *Small Change*, husband-and-wife writing team Susan and Larry Terkel offer readers a gentle yet powerful program for making significant changes in their lives based on three simple principles:- Small changes are easier than big makeovers. (Each week add just one private dinner with your mate to your schedule and see your relationship improve by leaps and bounds.) - Small changes add up to big benefits over time. (Smile just a little each day and, over time, watch your stress levels decrease, your immune system grow stronger, and your relationships prosper.)- Small changes are more consistent with human nature and evolution. (After all, in the end, the tortoise did beat the hare.) With an emphasis on daily habits, and some simple recipes for improving them, this wise little book outlines a fresh perspective on the timeless quest for sustainable self-improvement and a (relatively painless!) pathway to a better you.

From Publishers Weekly We all know that the goal of losing 50 pounds can be overwhelming and self-defeating. But the goal of adding a short walk to your day to begin working off calories is doable and has other rewards as well. If your life has gone off-course, say the authors, co-founders of the Spiritual Life Center and the Hudson Yoga Center in Ohio, you don't need to make radical changes to get back on course. Small changes can be powerful, they are easier to accomplish, and they add up quickly to significant change. For instance, to begin exercising, you don't have to start running 10 miles every day: just start walking to the next bus or subway stop instead of the closest one. Upbeat and optimistic, the Terkels reassure the reader that change is possible and offer specific tips on how to take those small steps at work and at home to attain better relationships and improved health. This heartening little book is easy to read and its advice easy to implement. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author Susan and Larry Terkel have been writing, teaching, and leading seminars for more than thirty years. They are cofounders of the Spiritual Life Center and the Hudson Yoga Center.