# Motivate Healthy Habits

Stepping Stones to Lasting Change

Dr. Rick Botelho Family Doctor

# Motivate Healthy Habits Stepping Stones To Lasting Change

**Aaron Hayes** 

#### **Motivate Healthy Habits Stepping Stones To Lasting Change:**

Motivate Healthy Habits Rick Botelho,2004 Do you think you should change but don't really feel like it To break unhealthy habits for good lower your emotional resistance before developing effective motivation This guidebook will help you go beyond SURFACE CHANGE gaining knowledge declaring good intentions and setting goals to DEEP CHANGE exploring your feelings views motives and values *My Healthy Habits Journal* Rick Botelho,2003-10 Do you think that you should change your unhealthy habits but don't feel like it This journal will help you turn your emotional resistance into effective motivation and break your unhealthy habits for good Share your experience and this guidebook with family and friends to improve their health One by one we can build a grassroots movement to promote healthy epidemics

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Intervention in Mental Health-Substance Use David B. Cooper,2011 Explores the varied needs of individuals and carers the nature of the therapeutic relationship and the theory and application of a variety of interventional techniques 

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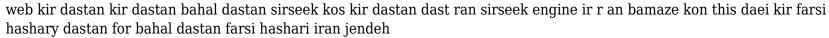
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