



The Stages of Change Workbook: Practical Exercises for Personal Awareness and Change (Paperback)

By James E Phelan

Phelan Consultants LLC, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Change is a process that unfolds over time through a sequence of fluid opportunities and challenges. These practical exercises are geared toward each stage of change, highly influenced by the Transtheoretical Model of Change and Motivational Interviewing (MI). Each stage in this workbook offers unique opportunities for change. The workbook can be helpful to anyone undecided about change, thinking about change, ready for change, just wanting to stay focused, or increase awareness. The exercises can be applied to help in the recovery process of addictions, or practically any other life struggles.



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