

## Stick With It The Science Of Lasting Behaviour

The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun by Gretchen Rubin | Summary and Analysis  
Book Preview: Gretchen Rubin's book begins with the "story behind the story." In "Getting Started," Gretchen shares what sparked the whole idea of a "Happiness Project" to begin with. The idea was rooted in nothing more fateful than a bus ride. It was a typical day and a typical commute when Gretchen caught sight out the bus window of a woman juggling an umbrella, a cell phone, and a child. Not a very extraordinary woman, but someone that Gretchen could see herself in. She was that woman - ordinary, harried, and while not depressed, maybe not the happiest, either. That's when it hit Gretchen - she was happy, but was she happy enough? Was this, an ordinary bus ride with ordinary feelings on an ordinary day really all there was for her in life? She knew she had life good, but could she have it even better? Gretchen decided to find out. A perfectionist and planner, Gretchen got started on her "Happiness Project" by doing some research. She read all the greats - from Plato to Schopenhauer in philosophy; Seligman to Lyubomirsky in religion; Tolstoy to McEwan to even Oprah in literature and pop-culture. She spoke with friends and family and colleagues, all of them a mix of critical and encouraging. This is a summary and analysis of the book and NOT the original book  
This Book Contains: \* Summary Of The Entire Book \* Chapter By Chapter Breakdown \* Analysis Of The Reading Experience  
Download Your Copy Today

"Well-publicized research in psychology tells us that over half of our attempts to change habitual behavior fail within one year. Even without reading the research, most of us will intuitively sense the truth in this, as we have all tried and failed to rid ourselves of one bad habit or another. The human story of habits and the difficulty of change has been told in many books - most of which will make only a quick reference to dopamine or the "lizard brain" before moving on to practical tips and tricks for behavior change. In contrast, *Stuck: The Neuroscience of Why Changing Our Behavior is So Hard* will tell the brain's story about why behavior is so hard to change. Russell Poldrack offers an in-depth, yet entirely accessible, guide to the neuroscientific research on habits and habit change. Part I introduces the "anatomy of a habit," starting with the argument that the resilience of our habits stems largely from a mismatch between the environment in which our brains evolved and the one in which we now live, and continuing on to introduce current work on fear and anxiety, motivation, and cognitive control that bears on habit formation. Part II focuses on what neuroscience can tell us about breaking habits, introducing evidence-based strategies that give us the best possible chance to break cycles of bad behavior. Throughout the book, Poldrack offers a clear-eyed view of what neuroscience can tell us about habit change, and what it cannot - and importantly, how we know what we know"--  
Budding artists will learn that a popsicle stick can be the foundation of a wonderful and useful work of art, such as a smartphone stand, a piece of fairy furniture, or a puzzle made from a beloved photograph. This high-interest book will inspire young artists to use common and available materials to make imaginative crafts. The hardest part will be deciding whether to give each cool creation away or keep it for a private collection.

We all have bad habits - whether it's a weakness for junk food, a smartphone addiction or a lack of exercise. But change is hard. Forty percent of dieters quit within a week. Eighty percent of New Year's resolutions don't last beyond January. How can we kick bad habits - and stick with it? According to psychologist and behaviour researcher Dr Sean Young, the answer is to stop trying to change the person, and instead change the process. In *Stick With It*, Dr Young draws on his own research and that of other leading experts to explain how the mind often interferes with breaking bad habits, and how we can outsmart it, increasing the likelihood of lasting change by 300%. Packed with practical exercises and real-life case studies, *Stick With It* shows that it is possible to control spending, stick to a diet, exercise regularly and overcome problem behaviours - forever.

This popular science title will cover adhesion science in an easily accessible entertaining manner. As well as outlining types of adhesion and their importance in everyday life, the book covers interesting future applications of adhesion and inspiration taken from nature. Ideal for students and the scientifically minded reader this book provides a fascinating introduction to the science of what makes things stick.

Discusses the best methods of learning, describing how rereading and rote repetition are counterproductive and how such techniques as self-testing, spaced retrieval, and finding additional layers of information in new material can enhance learning.

22-page participant handout for the 1-day brain science workshop.

"Details how to use craft sticks in projects that demonstrate scientific principles"--

A clear, practical, first-of-its-kind guide to communicating and understanding numbers and data—from bestselling business author Chip Heath. How much bigger is a billion than a million? Well, a million seconds is twelve days. A billion seconds is...thirty-two years. Understanding numbers is essential—but humans aren't built to understand them. Until very recently, most languages had no words for numbers greater than five—anything from six to infinity was known as "lots." While the numbers in our world have gotten increasingly complex, our brains are stuck in the past. How can we translate millions and billions and milliseconds and nanometers into things we can comprehend and use? Author Chip Heath has excelled at teaching others about making ideas stick and here, in *Making Numbers Count*, he outlines specific principles that reveal how to translate a number into our brain's language. This book is filled with examples of extreme number makeovers, vivid before-and-after examples that take a dry number and present it in a way that people click in and say "Wow, now I get it!" You will learn principles such as: -SIMPLE PERSPECTIVE CUES: researchers at Microsoft found that adding one simple comparison sentence doubled how accurately users estimated statistics like population and area of countries. -VIVIDNESS: get perspective on the size of a nucleus by imagining a bee in a cathedral, or a pea in a racetrack, which are easier to envision than "1/100,000th of the size of an atom." -CONVERT TO A PROCESS: capitalize on our intuitive sense of time (5 gigabytes of music storage turns into "2 months of commutes, without repeating a song"). -EMOTIONAL MEASURING STICKS: frame the number in a way that people already care about ("that medical protocol would save twice as many women as curing breast cancer"). Whether you're interested in global problems like climate change,

running a tech firm or a farm, or just explaining how many Cokes you'd have to drink if you burned calories like a hummingbird, this book will help math-lovers and math-haters alike translate the numbers that animate our world—allowing us to bring more data, more naturally, into decisions in our schools, our workplaces, and our society.

"Simplicity is the shortest distance between two points." ? Bruce Lee, The Tao of Jeet Kune Do The Art and Science of Stick Fighting is a unique, non-style specific, approach to fighting with the short stick. Its curriculum is streamlined and divided into nine logical stages of training that allow the reader to quickly and methodically learn and develop the skills needed for competitive fighting and self-defense with the stick.

For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned acupuncturist and fertility expert Danica Thornberry has guided thousands of women along a journey back to themselves to reclaim their fertility - and their lives. In Stick It to Me, Baby! Danica weaves together the wisdom of Chinese medicine and the insights from her own pilgrimage to baby into a tapestry of inspirational stories collected within the walls of her practice. She reveals how changing our attitude about infertility can lead to profound healing - turning the quest for baby into a powerful and transformative journey toward wholeness and love.

A member of the Inter-governmental Panel on Climate Change examines the fossil-fuel industry's public relations campaign to discredit the science of climate change and deny the reality of global warming.

Have you ever intended to get some work done but ended up on Instagram? Have you ever intended to stick to your diet but ended up microwaving a pizza? Have you ever intended to get to bed early but ended up seeing your laptop clock hit 02:00 AM? Then I have good news and bad news. The bad news is you lack self-control. The good news is you're human. My goal is to make you superhuman. In this book you'll learn how to take control of your body and mind by drawing on cognitive neurosciences and behavioral psychology. I've distilled the knowledge of 542 scientific references into 53 practical tips to improve your willpower. In 6 chapters I cover the essentials of how the human mind works, what willpower is, how to be more productive, how to stick to your diet, how to make your workouts less effortful and how to motivate yourself. After reading this book, you should experience higher work productivity, better diet adherence and ultimately more success in life.

What happens if you fall into a black hole? Which properties give you the best chance of winning Monopoly? And why is it always so difficult to get ketchup to come out of a full bottle? Award winning science writer Robert Matthews provides answers to the most baffling, intriguing, and occasionally downright trivial questions submitted by members of the general public. From the mysterious fate of odd socks to the farthest reaches of the universe, this collection unravels the science behind the world around us. Entertaining, enlightening, and often inspired, this book is a must-read for all inquisitive minds.

Here is the definitive expose of the distorted science behind the iconic global warming graph centrally responsible for the global panic about climate change.

The most comprehensive text available on equine surgery, this book prepares the veterinary surgeon for managing each surgical condition by understanding its pathophysiology and evaluating alternative surgical approaches. Explanations describe how to avoid surgical infections, select and use instruments, and perfect fundamental surgical techniques including incisions, cautery, retractions, irrigation, surgical suction, wound closure, dressings, bandages, and casts. Thorough and complete coverage means this is the only book practitioners and students need. World-renowned contributors include 67 of the most experienced and expert equine practitioners, each providing current and accurate information. This text covers all the information needed to study for the American and European College of Veterinary Surgeons Board Examination, making it an excellent study tool. Coverage of anesthesiology and pain management is reintroduced in this edition. Extensive and up-to-date orthopedic coverage includes joint disorders and joint trauma. Integumentary system coverage includes wound management, reconstructive surgery, and skin grafting. Other important topics include the alimentary system, cardiovascular surgery, and new techniques in vascular surgery. More minimally invasive surgical techniques A section on anesthesia has been re-introduced to this edition

Learn how to make real, lasting changes in your life We all have bad habits - whether it's a weakness for junk food, a smartphone addiction or a lack of exercise. But change is hard. Forty percent of dieters quit within a week. Eighty percent of New Year's resolutions don't last beyond January. How can we kick bad habits - and stick with it? According to psychologist and behaviour researcher Dr Sean Young, the answer is to stop trying to change the person, and instead change the process. In Stick With It, Dr Young draws on his own research and that of other leading experts to explain how the mind often interferes with breaking bad habits, and how we can outsmart it, increasing the likelihood of lasting change by 200%. Packed with practical exercises and real-life case studies, Stick With It shows that it is possible to control spending, stick to a diet, exercise regularly and overcome problem behaviours - forever. 'Scientifically grounded and personally implementable. It's a winner' - Robert Cialdini, author of Influence and Pre-Suasion 'A must-read for anyone who's been unable to keep a New Year's resolution or failed at making a lasting change in any other area of their life or work. - Jonah Berger, author of Contagious Dr Sean Young is one of the world's leading experts in the field of habit-forming. He is an acclaimed psychologist and the founder and Executive Director of the UCLA Center for Digital Behavior. His research involves the study of cutting-edge ways of using social media and mobile technologies to change and predict human behaviour.

Barbados Stick Science, otherwise known as Bajan Stick Licking, is the indigenous martial art of Barbados. The details and method of the Johnson style of stick fighting was been known by only a few people, until now. This manual has been created to introduce the first position (lesson) of the Johnson method of Stick Licking, and is the first such document in existence.

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall off course; ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

Wall Street Journal bestseller "A welcome revelation." --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this ground-breaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you'll learn:

- Why timing can be everything when it comes to making a change
- How to turn temptation and inertia into assets
- That giving advice, even if it's about something you're struggling with, can help you achieve more

Whether you're a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.

Unleash powerful teaching and the science of learning in your classroom Powerful Teaching: Unleash the Science of Learning empowers educators to harness rigorous research on how students learn and unleash it in their classrooms. In this book, cognitive scientist Pooja K. Agarwal, Ph.D., and veteran K–12 teacher Patrice M. Bain, Ed.S., decipher cognitive science research and illustrate ways to successfully apply the science of learning in classrooms settings. This practical resource is filled with evidence-based strategies that are easily implemented in less than a minute—without additional prepping, grading, or funding! Research demonstrates that these powerful strategies raise student achievement by a letter grade or more; boost learning for diverse students, grade levels, and subject areas; and enhance students' higher order learning and transfer of knowledge beyond the classroom. Drawing on a fifteen-year scientist-teacher collaboration, more than 100 years of research on learning, and rich experiences from educators in K–12 and higher education, the authors present highly accessible step-by-step guidance on how to transform teaching with four essential strategies: Retrieval practice, spacing, interleaving, and feedback-driven metacognition. With Powerful Teaching, you will:

- Develop a deep understanding of powerful teaching strategies based on the science of learning
- Gain insight from real-world examples of how evidence-based strategies are being implemented in a variety of academic settings
- Think critically about your current teaching practices from a research-based perspective
- Develop tools to share the science of learning with students and parents, ensuring success inside and outside the classroom

Powerful Teaching: Unleash the Science of Learning is an indispensable resource for educators who want to take their instruction to the next level. Equipped with scientific knowledge and evidence-based tools, turn your teaching into powerful teaching and unleash student learning in your classroom.

"Stick" is the best wide receiver in the history of his high school—the football seems magnetically drawn to his hands, hence his nickname. Preston is an outcast, and his pipsqueak stature and nerdy social status couldn't be further from a star athlete's. Stick puts on his football costume every week to make others—his teammates, his dad, everyone but himself—happy, but he's fallen out of love with the sport and feels that he's lost control of his future. Preston puts on his homemade superhero costume every night to help others, too: to avenge his father's murder, he's determined to right the wrongs he sees in his neighborhood and regain control of the flawed world he sees around him. A twist of fate brings this unlikely pair together in a friendship that is as odd as it is true. Each can see the other better than he can see himself, and in these unexpected reflections lies a chance for mutual redemption.

The science of learning can give some rich insights into how teachers can design and deliver lessons that accelerate and deepen student learning. In this quick reference guide, Bryan Goodwin and Tonia Gibson use three tools to explain their six-phase model:

- \* Insights from brain science
- \* Implications for the classroom
- \* Tips to help students engage in deep learning

Using Brain Science to Make Learning Stick provides classroom activities that are based in scientific research to help K-12 teachers plan learning experiences that

mirror how students turn new information into memory and to make the entire process of learning more effective, engaging, and rewarding for all. 8.5" x 11" 3-panel foldout guide (6 pages), laminated for extra durability and 3-hole-punched for binder storage.

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

NEW YORK TIMES BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to improve your idea’s chances—essential reading in the “fake news” era. Mark Twain once observed, “A lie can get halfway around the world before the truth can even get its boots on.” His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them “stick.” In *Made to Stick*, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous “kidney theft ring” hoax to a coach’s lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. *Made to Stick* will transform the way you communicate. It’s a fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, *Made to Stick* shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick. BONUS: This edition contains an excerpt from Chip Heath and Dan Heath's *Switch*.

A landmark book about how we form habits, and what we can do with this knowledge to make positive change We spend a shocking 43 percent of our day doing things without thinking about them. That means that almost half of our actions aren’t conscious choices but the result of our non-conscious mind nudging our body to act along learned behaviors. How we respond to the people around us; the way we conduct ourselves in a meeting; what we buy; when and how we exercise, eat, and drink—a truly remarkable number of things we do every day, regardless of their complexity, operate outside of our awareness. We do them automatically. We do them by habit. And yet, whenever we want to change something about ourselves, we rely on willpower. We keep turning to our conscious selves, hoping that our determination and intention will be enough to effect positive change. And that is why almost all of us fail. But what if you could harness the extraordinary power of your unconscious mind, which already determines so much of what you do, to truly reach your goals? Wendy Wood draws on three decades of original research to explain the fascinating science of how we form habits, and offers the key to unlocking our habitual mind in order to make the changes we seek. A potent mix of neuroscience, case studies, and experiments conducted in her lab, *Good Habits, Bad Habits* is a comprehensive, accessible, and above all deeply practical book that will change the way you think about almost every aspect of your life. By explaining how our brains are wired to respond to rewards, receive cues from our surroundings, and shut down when faced with too much friction, Wood skillfully dissects habit formation, demonstrating how we can take advantage of this knowledge to form better habits. Her clear and incisive work shows why willpower alone is woefully inadequate when we’re working toward building the life we truly want, and offers real hope for those who want to make positive change.

In the *Super Science Stick & Slide* board book, kids will make Ghost-Spider slide by and help Spider-Man stick it to the bad guys! Moveable sliders offer interactive fun while teaching basic concepts of stick and slide.

This book explains the main problems related to digital preservation using examples based on a modern version of the well-known Cinderella fairy tale. Digital preservation is the endeavor to protect digital material against loss, corruption, hardware/software technology changes, and changes in the knowledge of the community. The structure of the book is modular, with each chapter consisting of two parts: the episode and the technical background. The episodes narrate the story in chronological order, exactly as in a fairy tale. In addition to the story itself, each episode is related to one or more digital preservation problems, which are discussed in the technical background section of the chapter. To reveal a more general and abstract formulation of these problems, the notion of pattern is used. Each pattern has a name, a summary of the problem, a narrative describing an attempt to solve the problem, an explanation of what could have been done to avoid or alleviate this problem, some lessons learned, and lastly, links to related patterns discussed in

other chapters. The book is intended for anyone wanting to understand the problems related to digital preservation, even if they lack the technical background. It explains the technical details at an introductory level, provides references to the main approaches (or solutions) currently available for tackling related problems, and is rounded out by questions and exercises appropriate for computer engineers and scientists. In addition, the book's website, maintained by the authors, presents the contents of Cinderella's "real USB stick," and includes links to various tools and updates.

This book provides the "nuts and bolts" background for a successful study of carbohydrates - the essential molecules that not only give you energy, but are an integral part of many biological processes. A question often asked is 'Why do carbohydrate chemistry?' The answer is simple: It is fundamental to a study of biology. Carbohydrates are the building blocks of life and enable biological processes to take place. Therefore the book will provide a taste for the subject of glycobiology. Covering the basics of carbohydrates and then the chemistry and reactions of carbohydrates this book will enable a chemist to gain essential knowledge that will enable them to move smoothly into the worlds of biochemistry, molecular biology and cell biology. \* includes perspective from new co-author Spencer Williams, who enhances coverage of the connection between carbohydrates and life \* describes the basic chemistry and biology of carbohydrates \* reviews the concepts, synthesis, reactions, and biology of carbohydrates

Tomorrow's Professor is designed to help you prepare for, find, and succeed at academic careers in science and engineering. It looks at the full range of North American four-year academic institutions while featuring 30 vignettes and more than 50 individual stories that bring to life the principles and strategies outlined in the book. Tailored for today's graduate students, postdocs, and beginning professors, Tomorrow's Professor: Presents a no-holds-barred look at the academic enterprise Describes a powerful preparation strategy to make you competitive for academic positions while maintaining your options for worthwhile careers in government and industry Explains how to get the offer you want and start-up package you need to help ensure success in your first critical years on the job Provides essential insights from experienced faculty on how to develop a rewarding academic career and a quality of life that is both balanced and fulfilling Bonus material is available for free download at <http://booksupport.wiley.com> At a time when anxiety about academic career opportunities for Ph.D.s in these field is at an all-time high, Tomorrow's Professor provides a much-needed practical approach to career development.

Why recycle cardboard tubes, plastic bottles and jugs, craft sticks, and snack bags when you can reuse them yourself? These fun and informative science experiments and projects will keep readers entertained as they learn about scientific principles.

The stick is a universal toy. Totally natural, all-purpose, free, it offers limitless opportunities for outdoor play and adventure and it provides a starting point for an active imagination and the raw material for transformation into almost anything! As New York's Strong National Museum of Play pointed out when they selected a stick for inclusion in their National Toy Hall of Fame, 'It can be a Wild West horse, a medieval knight's sword, a boat on a stream, or a slingshot with a rubber band . . .' In this book Fiona Danks and Jo Schofield offer masses of suggestions for things to do with a stick, in the way of adventures and bushcraft, creative and imaginative play, games, woodcraft and conservation, music and more.

When Stick rescues Stone from a prickly situation with a Pinecone, the pair becomes fast friends. But when Stick gets stuck, can Stone return the favor? Author Beth Ferry makes a memorable debut with a warm, rhyming text that includes a subtle anti-bullying message even the youngest reader will understand. New York Times bestselling illustrator Tom Lichtenheld imbues Stick and Stone with energy, emotion, and personality to spare. In this funny story about kindness and friendship, Stick and Stone join George and Martha, Frog and Toad, and Elephant and Piggie, as some of the best friend duos in children's literature.

Stick with ItThe Science of Lasting Behaviour

#1 Wall Street Journal Bestseller An award-winning psychologist and director of the UCLA Center for Digital Behavior shows everyone how to make real, lasting change in their lives in this exciting work of popular psychology that goes beyond The Power of Habit with science and practical strategies that can alter their problem behaviors—forever. Whether it's absent-minded mistakes at work, a weakness for junk food, a smart phone addiction, or a lack of exercise, everyone has some bad habit or behavior that they'd like to change. But wanting to change and actually doing it—and sticking with it—are two very different things. Dr. Sean Young, an authoritative new voice in the field of behavioral science, knows a great deal about our habits—how we make them and how we can break them. Stick with It is his fascinating look at the science of behavior, filled with crucial knowledge and practical advice to help everyone successfully alter their actions and improve their lives. As Dr. Young explains, you don't change behavior by changing the person, you do it by changing the process. Drawing on his own scientific research and that of other leading experts in the field, he explains why change can be difficult and identifies the crucial forces that combine to make transformation permanent, from the right way to create new habits to how to harness emotional meaning to motivate change. He also helps us understand how the mind often interferes with creating lasting change and how we can outsmart it, including using "neurohacks" to shortcut the brain's counterproductive instincts. In addition he provides a powerful corrective to the decades old science of habits, offering a next generation discussion of how habits can change behavior with the right approach. Packed with pragmatic exercises and stories of real people who have used them successfully, Stick with It shows that it is possible to control spending, stick to a diet, become more social, exercise regularly, stop compulsively checking e-mail, and overcome problem behaviors—forever.

What happens if you water plants with juice? Where can you find bacteria in your house? Is slug slime as strong as a glue stick? How would your child find the answers to these questions? In The Curious Kid's Science Book, your child will learn to design his or her own science investigations to determine the answers! Children will learn to ask their own scientific questions, discover value in failed experiments, and — most importantly — have a blast with science. The 100+ hands-on activities in the book use household items to playfully teach important science, technology, engineering, and math skills. Each creative activity includes age-appropriate explanations and (when possible) real life applications of the concepts covered. Adding science to your at-home

schedule will make a positive impact on your child's learning. Just one experiment a week will help build children's confidence and excitement about the sciences, boost success in the classroom, and give them the tools to design and execute their own science fair projects.

Love it or hate it, we are all teachers. Whether walking clients through a new program, guiding an audience through a novel proposition, or helping our children to kick a soccer ball, nearly every day we work to disseminate knowledge and wisdom to others. The problem is that very few of us have ever been taught how to teach! Drawing on Jared Cooney Horvath's nearly 15 years of experience conducting brain research at prominent universities, teaching students from 10 to 80 years of age, and working closely with organizations and schools across 4 continents, Stop Talking, Start Influencing outlines 12 scientific principles of how people learn. The result is a book that shows readers how to impart their knowledge to others in a manner that sticks with and truly influences them — regardless of the situation or circumstance. For every business leader sick of repeating themselves ad nauseam to colleagues and clients, for every coach tired of endlessly drilling athletes without seeing meaningful improvement, for every entrepreneur who's had enough of pouring their heart into presentations only to see no lasting impact among the audience ... it's time to stop talking and start influencing!

A Chronicle of Higher Education "Top 10 Books on Teaching" Selection To most of us, learning something "the hard way" implies wasted time and effort. Good teaching, we believe, should be creatively tailored to the different learning styles of students and should use strategies that make learning easier. Make It Stick turns fashionable ideas like these on their head. Drawing on recent discoveries in cognitive psychology and other disciplines, the authors offer concrete techniques for becoming more productive learners. "If you want to read a lively and engaging book on the science of learning, this is a must." --Hazel Christie, Times Higher Education "Many educators are interested in making use of recent findings about the human brain and how we learn...Make It Stick [is] the single best work I have encountered on the subject. Anyone with an interest in teaching or learning will benefit from reading this book." --James M. Lang, Chronicle of Higher Education

[Copyright: efd30f0332ba255db6c3983eff8a21fc](#)