



Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently

By Caroline L. Arnold

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"The most useful guide to getting things done since *Getting Things Done*."

--Adam Grant, author of *Give and Take*

Learn how small behavioral changes can lead to major personal and professional self-improvement

Whether trying to lose weight, save money, get organized, or advance on the job, we're always setting goals and making resolutions, but rarely following through on them. According to longtime Wall Street technology strategist Caroline Arnold, the "big push" strategy of the New Year's resolution is designed to fail, because it broadly pits our limited willpower stores against an autopilot of entrenched behaviors and attitudes that is far more powerful. To change ourselves permanently, we need to focus our self-control on precise behavioral targets and overwhelm them. *Small Move, Big Change* is Arnold's guide to turning broad personal goals into meaningful and discrete behavioral changes that lead to permanent improvement. Providing scores of engaging real-world examples and new scientific findings, she shows us that while the traditional resolution promises rewards on a distant "someday," microresolutions work because they reward us today by instantly altering our routines and, ultimately, ourselves.

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Editorial Review

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Arnold, corporate executive, finds from personal experience that “microresolution” is the first long-term success she achieved in realizing her resolutions—from losing weight to spending more time with her family, to going to the gym regularly, to being better organized. How she achieved these successes is presented as her system for readers of any age to make resolutions that they can sustain by developing new habits. Arnold’s seven rules of microresolutions include: don’t make resolutions you can’t keep, a microresolution is easy; make resolutions that are explicit and measurable actions; make resolutions in which the payoff is immediate, obvious, and sustainable; practice, practice, practice (a new habit takes time to become automatic); and make resolutions personal (what change in personal behavior meets your objectives?). Her chapter on sleep contains important insights for readers of all ages. Arnold concludes her thought-provoking road map to successfully transforming ourselves with new habits with this line, “Learning how to do just one thing differently punches your ticket for a voyage of continuous self-improvement.” -- Mary Whaley

Review

"Small Move, Big Change is a rare self-improvement book that actually works. With the right mix of science and practical examples, Caroline Arnold offers powerful advice for motivating ourselves to save more, eat less, get organized, boost our willpower, and even keep our New Year's resolutions. It's the most useful guide to getting things done since Getting Things Done."

--Adam Grant, Wharton professor and bestselling author of *Give and Take*

"Rich...Wisdom from time immemorial—take it a day at a time and moderation in all things—reworked by Arnold to morph broad goals into manageable, measurable microresolutions." --Kirkus

“The only thing this book did for me was to get me to floss regularly, which led to less red wine, which led to snapping at my kids less, which led to them doing the dishes more. Who knew that flossing could change your life?

—Dr. Wendy Walsh, CNN’s Human Behavior Expert

“Didn’t expect to -- but I love this book! From page one, Small Move, Big Change is filled with wisdom, insight, and whip-smart “micro” suggestions you can actually implement to change your life. Caroline Arnold manages to be funny, down to earth, and hard-hitting all at the same time. This is a must-read.”
- Amy Chua, Yale Law professor and author of *Battle of the Tiger Mother* and *The Triple Package: How Three Unlikely Traits Explain the Rise and Fall of Cultural Groups*

About the Author

Caroline Arnold has been a technology leader on Wall Street for more than a decade, managing some of the financial industry's most complex and visible assignments. She received the Wall Street & Technology Award for Innovation for building the auction system for the Google IPO, and her name appears on technology patents pending. She now serves as a managing director at a leading Wall Street investment bank. Arnold grew up in the San Francisco Bay Area and graduated from the University of California Berkeley with a degree in English literature. She lives in New York City with her husband and daughter.

Users Review

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Daniel Young:

This Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this e-book incredible fresh, you will get information which is getting deeper you read a lot of information you will get. That Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently without we comprehend teach the one who looking at it become critical in considering and analyzing. Don't always be worry Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently can bring if you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even cell phone. This Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently having great arrangement in word along with layout, so you will not really feel uninterested in reading.

Martin Song:

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knowledge and make you actually happier to read. It is most essential that, you must aware about book. It can bring you from one place to other place.

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