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Change One Thing!: Make one change and embrace a happier, more successful you

Sue Hadfield

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By IM De Clerk
Thank you very much.

A self-help manual on creating reasonable, achievable improvement in your life In our attempts to overachieve, many people find themselves frustrated because they cannot relish in their own successes. Though these professionals may reach their goals of job titles and financial stability, they often sacrifice their personal and family lives and discover deep dissatisfaction. In *Change One Thing!*, self-help author Sue Hadfield outlines the necessary steps to address the disillusionment that has become a common problem in our work-driven society. While whirlwind change can be overwhelming and unrealistic for a modern worker with a family and responsibilities, Hadfield asserts that a determined person can bring about an impactful change in his life by simply altering one aspect of it. Teaches readers to avoid emotions of hopelessness and panic associated with changing too many aspects at once Details a step-by-step plan to make a meaningful change Shares real-life examples of people who successfully altered their lives Those who recognize that professional success is less fulfilling than other facets of their lives will find comfort and guidance in *Change One Thing!* as they embark on missions to improve their lives.

Hadfield has much to say that is genuinely inspirational about making small changes which can have a big impact on your life. She has the ability to reduce to a few words those situations which poison our lives and to see ways to make changes and improvements. She encourages you to take account of the needs of the people around you, to plan effectively and be objective about what you're achieving. The problems will be different for everyone, but I suspect that there will be few people who come away from the book without a sense that they could make their lives better. (The Bookbag, January 2014) You want your business to be successful, but at what cost? Success doesn't have to ruin your personal and family life. This book teaches you how to get the best of both worlds. (Talk Business, January 2014) crammed with well researched, common sense tips and success stories. (Yours, March 2014) From the Back Cover Make one change and embrace a happier, more successful you You are not a helpless pawn in the game of your life. You can choose your own path and make the choice to lead the life you want. Just take it one step at a time By making just one change, however large or small, you can alter the course of the rest of your life — a change in your lifestyle, attitude, behaviour or a particular habit. Once you've identified this step, you'll start a positive cascade that will affect all aspects of your life. If you feel ready to make a change, to embrace new ideas and challenges, this book will show you how to develop the focus you need to take the leap. With real-life examples of people who have made a positive change, and plenty of practical steps to help you along the way, you'll discover how to motivate and inspire yourself to become the person you always wanted to be. Do something that will mean you have no regrets. Do something that will make you feel proud of yourself. Just remember: the first step is easy. All you have to do is *Change One Thing*.