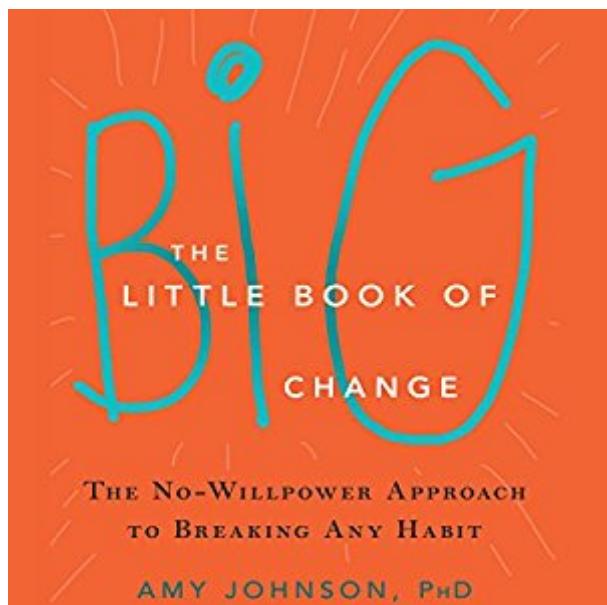


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# The Little Book Of Big Change: The No-Willpower Approach To Breaking Any Habit



## Synopsis

Little changes can make a big, big difference! In The Little Book of Big Change, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits - once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit - over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life - once and for all.

## Book Information

Audible Audio Edition

Listening Length: 4 hours and 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Wetware Media

Audible.com Release Date: April 13, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01E5W95HC

Best Sellers Rank: #32 in Books > Audible Audiobooks > Health, Mind & Body > Health #42 in Books > Medical Books > Psychology > Neuropsychology #58 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

## Customer Reviews

Wow, this book helped change my life! I finally get it! My 25 plus years of weight loss and gain, yo yo, binge eating struggles are not about me being weak and having a disease, it's just been me on a diet that set up my little lizard brain to keep yelling at me to stay on a crazy ride. I thought my urges to binge were part of me that I started and could never be free from. After reading Amy's words, I see now that those urges are innocent messages and they are not me, and they have no

power to make me binge. I can dismiss thoughts, habits, urges, to binge, online shop, judge co-workers, yell at my husband, etc. They are just habitual thought, and come and go like the weather!! My gosh, what freedom! I stopped obsessing about the number on the scale, and started eating healthy whole foods, and the occasional treats, and when the urges come up suggesting the idea to eat the entire box of something- I know it's just my old animal brain trying to be helpful ( no thanks). I move on and dismiss the thought instead of getting hijacked by it, like I did before I got this awesome insight. And! If I do overeat or shop online and buy crap I don't need, so what, I do not have to beat myself up and I can still move on. This beats anything and everthing I have tried in the past! Thank you Amy, for the best spiritual program, that this time, really works for me.

I cannot rave about this book enough. I had been acquainted with most of the principles in this book over the last few years including the key concepts that urges are junk, my true self is habit free and peaceful, and that I was capable of not acting on urges. But this book really pulled this information together in a concise and insightful way. I've struggled with eating disorders (all types of compulsions around food) for 30 years and after reading the Brain Over Binge Recovery Guide (by Kathryn Hansen and includes chapters by Amy Johnson) and then immediately this gem (The Book of Big Change by Amy Johnson) I believe all of my several, tiny "insights" became a huge revelation! As the author points out: as my perception changed then my approach to my urges was immediately less fearful, and then my habit changed. I feel like my non-serving eating habits ended yesterday after finishing the book. Nothing physically changed but my approach to my life is different. I cannot rave enough about this book. Again, I'd like to stress that the concepts in this book were not "new" to me. I first read the first edition of Brain Over Binge (by Kathryn Hansen) about three years ago and have been using buddhist philosophy as a practical guide in changing my behaviors. BUT this book (The Little Book of Big Change by Amy Johnson) just solidified it for me. I'm now looking forward to my urges!! Where before I was absolutely terrified of them. This is nothing short of amazing to me. I no longer have "powerless" feeling over my urges. I also see how the techniques in this book easily lend themselves to all habits not just my obsession with food. Thank you for this book!

This is such an important find for me. No matter what your habits are, Amy Johnson does a wonderful job of getting you "to see the light". Meaning, what is really driving your behavior. For years and years I felt completely at the mercy of my habits. Thinking I was abnormal, not being able to control myself in certain situations. (I have a few vices so I'm being non-specific for that reason). I

no longer feel controlled by my urges. Now I can see them for what they are-just vaporous, passing clouds of thought that dissipate as quickly as they come. The trick here is to recognize a thought as just that-a thought, nothing more. Your thoughts cannot force you into action and if you just hang out in a non-judgmental way, not giving attention to the unwanted thought, it just goes away on its own. Nothing else needs to be done. It seems so simple it's almost stupid, but it's a fact. I sit here right now bewildered as to how I wasted absolute years of my life trying to manipulate and control my habits, when all I had to do was; LET IT GO. If you don't believe me, read this book. If your mind doesn't see things differently at the end, start over and read it again. You probably won't miraculously change over night because old habits form such deep neural pathways, but as you practice the pause in action, change comes on pretty quickly. I'm actually surprised at myself everyday now. Even though I'm not exactly where I want to be yet, I can enjoy where I am and that is huge. I accomplished more in 2 weeks than I have in 30 years. Thank you so much Dr Amy Johnson. I'm forever grateful.

This book is amazing. Probably haven't felt my perception altered this much since reading "power of now" by Eckhart Tolle. This book actually has very similar concepts, but they are explained in a way that is very well-grounded, concrete, and irrefutable. Sort of like a down to earth spirituality, but with a focus on habits (mental and behavioral). But the lessons learned here apply to everything in life. Also, she was super helpful in a follow up email I wrote with specific questions. She just exudes a "labor of love" attitude with this stuff. Incredible! Highly recommend.

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