



# **DO YOU HAVE THE COURAGE TO CHANGE?: The 12 Basic Reasons Why People Don't Change And How You Can**

*DR WALTER J. URBAN*

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This book is a breakthrough book and the first of its kind. It focuses on specific reasons why people don't change. Understanding the obstacles through a conscious awareness makes it easier for people to take the responsibility to change. Many people offer reasons or "excuses" for maintaining the status quo. They seldom look in the mirror and confront their issues and then challenge themselves to make the changes that they know would create a healthier lifestyle. If you don't change for the better, you will keep heading in the same direction and probably get worse. Your old habits and patterns are reinforced each day and become harder and harder to change. That's why the book offers simple suggestions of what you can do to start the changing process today. These exercises will get you on the right track and help you develop discipline and new habits in which you take more responsibility for your greater well being.

There are no other books like this one. Other books tell you what you should do to live a healthier lifestyle, but lack the self confronting issues that are clearly and simply presented in this book. With this in mind the benefits of "Do You Have The Courage To Change" cannot be found anywhere else.

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