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Small Steps to Health and Wealth™

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Features:

- *132 pages*
- *44 worksheets*
- *16 tables*
- *Over 150 action steps to improve health, finances, or both*
- *Health and wealth benchmarks*
- *Extensive list of online resources*
- *Appropriate for both self-directed learning and workshops*
- *Valuable teaching tool for both health and personal finance educators*

Contents

- 1 Small Steps to Health and Wealth™ Overview**
- 2 Health and Wealth Connections**

Twenty similarities between health and financial issues are described. These common characteristics support the authors' premise that the same behavior-change strategies can be used to improve one's health, personal finances, or both.
- 3 Overcoming Obstacles and Taking Action**

How obstacles such as denial, fear, environmental influences, lack of specific goals, negative thought patterns, other people, and not knowing how to start can be overcome.
- 4 25 Behavior-Change Strategies for Health and Wealth**

Twenty-five specific behavior-modifying strategies to choose from, each with one or more worksheets and action steps. Some example strategies include:

 - ▶ tracking current behavior
 - ▶ unloading childhood baggage
 - ▶ committing to making a change
 - ▶ automating good habits and creating templates
 - ▶ using easy frames of reference
 - ▶ taking calculated risks and conquering fears
 - ▶ expecting obstacles and preparing for relapses
 - ▶ setting a date and getting started
- 5 Taking Action and Staying Motivated**