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always setting goals  
and making resolutions  
but rarely following  
through on them.

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In Small Move, Big Change, you'll learn why it is we so often fail to follow through with the changes in our lives that we so desperately want to make. Author Caroline Arnold explains that we fall short because we're not crafting our resolutions in a way that is actually achievable. Instead, we should focus on

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grow by a factor of six,  
opening big  
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If you make a change,  
you'll be asked to  
make sure you can still  
see what is on the  
screen. If it looks  
proper, select Keep  
changes, otherwise,  
select Revert, or in  
case you can't see

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what's on the screen,  
wait 15 seconds for it  
to revert automatically.  
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the mouse to the  
bottom or top right  
corner of the screen to  
show the ...

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Here's a list of other  
big changes you can  
start making in small  
ways. 1. Appreciate  
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life on a daily basis.

When we scroll through Instagram and marvel over the adventurous and perfectly filtered lives of our "friends" or get suffocated by our to-do list at work, our minds start to harp on what we wish we had (more time to sleep or the money to take a one week vacation to ...

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“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.

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The one constant in life is change. That doesn't mean we ever get used to it or fully embrace it, though. Here are 10 tips for coping with big changes in your life and coming out a better person ...

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