



The Habit Change Workbook: How to Break Bad Habits and Form Good Ones

By James Claiborn, Cherry Pedrick R.N.

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This step-by-step, cognitive-behavioral program helps you break unwanted habits and replace them with healthy new ones. Together with extensive self-assessment and monitoring tools, it includes detailed guidance for overcoming a variety of specific habits.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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The Habit Change Workbook: How to Break Bad Habits and Form Good Ones By James Claiborn, Cherry Pedrick R.N. **Bibliography**

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Editorial Review

Review

“*The Habit Change Workbook* is a wonderful book that will make life easier for many people. It provides effective, well-studied techniques to help readers change troublesome or hurtful habits—ranging from compulsive shopping to procrastination, from computer addiction to nail biting. The principles are explained in easy-to-understand ways with clear real-life examples that help guide the reader to adapt the techniques to his or her own life.”

—Michael Jenike, M.D., Director, Obsessive-Compulsive Disorders Clinic and Research Unit, Massachusetts General Hospital and Professor of Psychiatry, Harvard Medical School

“This excellent workbook covers a wide variety of bad habits with step-by-step instructions that are easy to follow and help clarify the nature and reasons for problem habits. The examples are great and the chapters on motivation and tracking the habits are especially helpful. Intervention strategies are state of the art, and the authors are careful to translate them into practical and usable ways to change thoughts and actions. A very useful resource!”

—Gail Steketee, Ph.D., Professor, Boston University School of Social work

“In *The Habit Change Workbook* authors Claiborne and Pedrick offer powerful, scientifically proven strategies to take control of those nagging, annoying and unhealthy behaviors that plague all of us.”

—Bruce M. Hyman, Ph.D., OCD Resource Center of South Florida

“Habits, both good and bad, dominate more of our daily lives than we may realize. This book, using the latest cognitive-behavioral approaches, will clearly be of great value to all those with frustrating problem habits they would rather live without...it's straightforward and jargon-free.”

—Fred Penzel, Ph.D., author, *Obsessive-Compulsive Disorders: A Complete guide to Getting Well and Staying Well*

“*The Habit Change Workbook* is a very comprehensive and highly readable guide that should appeal to anyone seriously desiring to change a problem habit. Anyone who follows this program will almost certainly achieve the goal of modifying their problem behavior. Here, for the first time, is an excellent self-help book that will provide to thousands of people who are caught in the throes of painful habits.”

—Ian Osborn, M.D., OCD specialist, University of New Mexico and author, *Tormenting Thoughts and*

“This manual offers hope for the millions who want to give up troublesome behaviors. It provides eminently sensible advice and detailed instructions about how to change. This is not an easy task for anyone, but for those who commit to change, this manual will provide necessary guidance. I urge therapists struggling to help others overcome their destructive habits to buy this book.”

—Donald W. Black, M.D., professor of Psychiatry, University of Iowa College of Medicine

About the Author

James M. Claiborne, Ph.D., ABPP, is a licensed psychologist in private practice in New Hampshire, where he specializes in cognitive behavioral therapy. He is a Diplomate of the American Board of Professional Psychology in counseling Psychology, a Fellow of the Academy of Counseling and Psychology, a Founding Fellow of the Academy of cognitive therapy, and a member of the Scientific Advisory Board of the Obsessive Compulsive Foundation. He is also a member of the American Psychological Association and the Association for the Advancement of Behavior Therapy.

Cherry Pedrick is a registered nurse and freelance writer in North Las Vegas, Nevada. In 1994 she was diagnosed with OCD, which began an intensive search for knowledge, effective treatment, and management of compulsive behaviors. She is also coauthor of *The OCD Workbook: Your Guide to Breaking Free from obsessive Compulsive Disorder*.

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Michael Hill:

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Break Bad Habits and Form Good Ones is kind of publication which is giving the reader erratic experience.

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