

(Download) Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently

# Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently

Caroline L. Arnold

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**Caroline L. Arnold : Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently:

0 of 0 people found the following review helpful. There's hopeBy M. SmithI found this book very inspiring. It showed that there is hope for those annual resolutions that we often make and almost immediately break, we just have to change our thinking and take each desired change in smaller chunks. This book also shatters the illusion that you have

to set these grandiose goals to be successful. As the author says "success is in the margins". Like the mice gnawing on the bound lions rope it's the victory over the little things that will bring you true success. 5 of 6 people found the following review helpful. good book for learning to change habits By PRATEEK JAIN The book "small move big change" is about making small changes in your habits and more importantly the way you think. The author argues if you go for a very tiny, very "micro" change eventually it becomes a second nature to you. These micro changes can then motivate you to make more changes to help you become more organized. The book starts with the author giving example about how she learnt the habit of hanging her keys in the right spot by making an unwavering commitment to do it as soon as she got home. She argues after a while it just became part of her autopilot mode. Similarly she has implemented other changes in her life which have allowed her to become better organized and consequently a happy and more productive life. The main highlights of the book are: 1. Focus on one very small change at any given time. Do not move onto any new change unless you have mastered this specific change. 2. The micro-resolutions can be applied to work, life or both. There are plenty of examples to help you master the art by learning from other peoples lives. That being said, the book does not teaches a fundamentally new technique. If you have heard the saying "Rome was not built in a day", you know about what the book will teach you. But may be the book can help by the examples. While I like examples, unfortunately the examples are way too many. Often at times they sound repetitive. The book does not investigate human psychology in detail. So if you are looking for a deeper reading, you should look somewhere else. In a nutshell, it is an easy to read, example driven book about how to make a small change to change habits and improve organization. 0 of 0 people found the following review helpful. Read this review! a very very helpful book! By bettyboop99 I needed to hear this....oddly had some of the exact same "wins" she did but never recognized them because it took so long to change and seemed like such a small thing. Point is that not giving yourself the wins makes everything a failure. She an ex-CEO on Wall St with a family and HAD to figure it out for herself - this is not some hippy-dippy self-help overview of meaningless words. it is the opposite....an excellent and easy way to make changes into habits and then add them together for big life wins!

"The most useful guide to getting things done since Getting Things Done." --Adam Grant, author of Give and Take Learn how small behavioral changes can lead to major personal and professional self-improvement Whether trying to lose weight, save money, get organized, or advance on the job, we're always setting goals and making resolutions, but rarely following through on them. According to longtime Wall Street technology strategist Caroline Arnold, the "big push" strategy of the New Year's resolution is designed to fail, because it broadly pits our limited willpower stores against an autopilot of entrenched behaviors and attitudes that is far more powerful. To change ourselves permanently, we need to focus our self-control on precise behavioral targets and overwhelm them. Small Move, Big Change is Arnold's guide to turning broad personal goals into meaningful and discrete behavioral changes that lead to permanent improvement. Providing scores of engaging real-world examples and new scientific findings, she shows us that while the traditional resolution promises rewards on a distant "someday," microresolutions work because they reward us today by instantly altering our routines and, ultimately, ourselves. From the Trade Paperback edition.

From Booklist Arnold, corporate executive, finds from personal experience that "microresolution" is the first long-term success she achieved in realizing her resolutions--from losing weight to spending more time with her family, to going to the gym regularly, to being better organized. How she achieved these successes is presented as her system for readers of any age to make resolutions that they can sustain by developing new habits. Arnold's seven rules of microresolutions include: don't make resolutions you can't keep, a microresolution is easy; make resolutions that are explicit and measurable actions; make resolutions in which the payoff is immediate, obvious, and sustainable; practice, practice, practice (a new habit takes time to become automatic); and make resolutions personal (what change in personal behavior meets your objectives?). Her chapter on sleep contains important insights for readers of all ages. Arnold concludes her thought-provoking road map to successfully transforming ourselves with new habits with this line, "Learning how to do just one thing differently punches your ticket for a voyage of continuous self-improvement." --Mary Whaley "The real clincher here, as Arnold helps us realize, is that in order to make successful resolutions, micro or not, we have to know ourselves and stop picking one-size-fits-all goals out of the bin." --Ellen "These genius strategies from Caroline Arnold, one of the few female bosses in Goldman Sachs' tech department, will help [to accomplish your goals]." --Glamour "If there's a habit you've been pushing against without a breakthrough, check out Small Move, Big Change. Reading it may be one of the last macroresolutions you ever make." --Bookpage "[Small Move, Big Change is a] thought-provoking road map to successfully transforming ourselves with new habits." --Booklist "Arnold, the managing director at Goldman Sachs and a technology leader on Wall Street, shows us how to effect behavioral change by thinking small. Through her own work, she discovered that you can vanquish bad habits by focusing on concrete, manageable goals." --Library Journal "The only thing this book did for me was to get me to floss regularly, which led to less red wine,

which led to snapping at my kids less, which led to their doing the dishes more. Who knew that flossing could change your life?rdquo;mdash; Dr. Wendy Walsh, CNNrsquo;s human behavior expertnbsp;ldquo;I love this book! From page one, *Small Move, Big Change* is filled with wisdom, insight, and whip-smart lsquo;microrsquo; suggestions you can actually implement to change your life. Caroline Arnold manages to be funny, down to earth, and hard-hitting all at the same time. This is a must-read.rdquo;mdash; Amy Chua, Yale law professor and author of *Battle Hymn of the Tiger Mother*nbsp;ldquo;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 Yearrsquo;s resolutions. Itsrsquo;s the most useful guide to getting things done since *Getting Things Done*.rdquo;mdash; Adam Grant, Wharton professor and bestselling author of *Give and Take*About the AuthorCaroline Arnoldnbsp;has been a technology leader on Wall Street for more than a decade, managing some of the financial industry's most complex and visible assignments. She received the Wall Street Technology Award for Innovation for building the auction system for the Google IPO, and her name appears on technology patents pending. She now serves as a managing director at a leading Wall Street investment bank. Arnold grew up in the San Francisco Bay Area and graduated from the University of California Berkeley with a degree in English literature. She lives in New York City with her husband and daughter.nbsp;