

Understanding YOURSELF

Get A Grip: How You Can Break Your Worst Habits

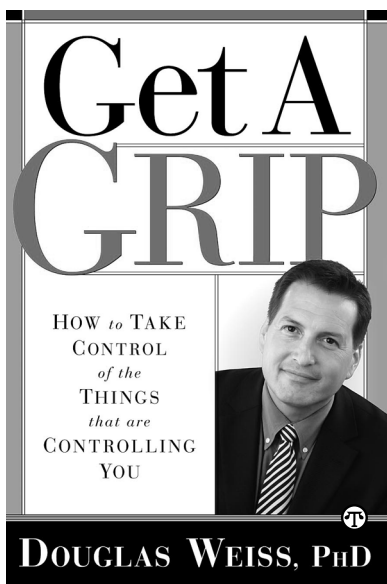
(NAPSA)—Everyone has habits that have the potential to control or disrupt our daily lives. From chronic tardiness and procrastination to more harmful habits related to food, money or sex, most of these behaviors can be traced to a negative emotion that leads to negative action and cycles back again.

The key to beating these behaviors starts with identifying the pattern you want to break, according to nationally known therapist Dr. Douglas Weiss. His newest book, “Get a Grip: How to Take Control of the Things That Are Controlling You,” outlines how to easily identify, understand and overcome bad habits—permanently.

If there’s a pattern in your life that you’ve promised to stop but haven’t; if you indulge in a behavior at the expense of your relationships with yourself and loved ones; if you’ve sacrificed chances for professional advancement or personal gain because of a habit, it may be controlling your life. Regardless of what the behavior is, you can regain control of your life.

Douglas Weiss, Ph.D., has more than 20 years of successful recovery to his own addictions. His latest book, “Get a Grip: How to Take Control of the Things That Are Controlling You” (Siloam Press), draws on his experience to lay out clear and concise steps you can take to identify your bad habits and to gain control over what’s controlling you.

According to Dr. Weiss, stopping an out-of-control behavior begins with self-honesty in identifying the pattern and its causes. Once you commit to change your



Dr. Doug Weiss' new book, "Get A Grip," teaches readers to break their worst habits once and for all.

behavior, confide in an accountability partner and begin to apply the five commandments of behavior change. Keeping a detailed log of your journey helps your odds of success improve. With each victory over a behavior comes the strength.

“Get a Grip” offers the tools to overcome behaviors as varied as lying, excessive spending, gambling and swearing. Dr. Weiss coaches readers to recognize the behaviors controlling them, and equips them with the tools to overcome these practices and live healthy, hopeful and in-control lives. Learn more at www.drdougweiss.com, or look for his book at major bookstores near you or at online retailers like www.amazon.com.