

Understanding YOURSELF

How To Finally Keep That New Year's Resolution

(NAPSA)—For anyone who has ever broken a New Year's resolution, fallen off a diet or given up on ever really changing, a new book delivers a breakthrough system for making changes that stick.

In fact, "This Year I Will..." by M.J. Ryan (Broadway Books) is fast becoming the go-to book for self-improvement. Ryan's book deals with everything from resolutions to lose weight, stop smoking and change jobs, to getting out of debt and falling in love.

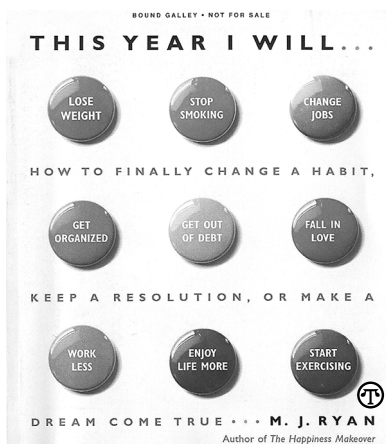
The book offers ingenious strategies and inspiring stories. Many will find that thanks to the sheer motivational energy of "This Year I Will..." their resolutions might actually get kept.

The book is structured around stages, beginning with "Preparing to Change" and continuing with "Getting Into Action" and "Keeping Going."

At the beginning of the book, Ryan makes the reader aware of some of the top resolution pitfalls, which include:

- Being vague about what you want.
- Procrastinating and excuse making—no time, wrong time, dog ate my homework.
- Being unwilling to go through the awkward phase.
- Trying to go it alone.
- Turning slipups into giveups.

Ryan points out that before you just launch out there with



In a new book called "This Year I Will..." the author, M.J. Ryan, empowers readers with the motivational energy to keep their resolutions.

great enthusiasm—joining that expensive gym, eating only tofu burgers, papering the Internet with your resume—don't skip the all-important step of taking the time to prepare.

The reason?

You will greatly increase your chances of success if you stop long enough to get clear on your motivation, understand why you've been doing what you've been doing, and learn about what fosters and supports real change.

M.J. Ryan is one of the creators of the "Random Acts of Kindness" series, which has sold more than 1 million copies. Her latest book is now in bookstores.