



# **Your Best Year Yet!: 365 days of little changes that add up to big results!**

*Karen Ann Kennedy*

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Every New Year's Day we make the same resolutions: lose weight, get organized, take control of our finances, and generally improve our lives. And each year the same thing happens in kitchens, gyms, and homes—a flurry of frenzied activity, followed by a quick return to normal. Enter a gym in January, and you're waiting in line to use the elliptical machine. Come March, and the line's gone—until January of next year.

Why do so many people give up so soon after making resolutions; and, equally important, why do a select few succeed? Ask certified health coach Karen Ann Kennedy, and she'll tell you: people try doing too much too fast.

When it comes to life changes, slow and steady beats frantic activity every time. Small, incremental changes become permanent habits, changing behavior over time. Or as Kennedy is fond of saying: little changes, big results!

In *Your Best Year Yet!*, Kennedy tackles the twelve most common New Year's resolutions, assigning each a month-long action plan. Then, each day, Kennedy provides an activity, tip, or lifestyle change to help you meet your goal, all supported with Kennedy's humorous, encouraging advice.

So how about it? Are you ready for *Your Best Year Yet!*?

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