

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

How to Change: The Science of Getting from Where You Are to Where You Want to Be (2021, published by Portfolio)

DISCUSSION QUESTIONS

- 1) Are there any habits you have tried changing in the past but haven't stuck?
- 2) Have you changed your approach to changing habits?
- 3) Which techniques resonate with you?
- 4) Have you been able to make the changes "stick"?
- 5) Any techniques you want to try but haven't yet?

READING TIP

To enhance your reading experience, make sure you are reading in a comfortable environment with sufficient lighting that is (relatively) free from distractions. A good reading environment should be quiet and relaxing.

WELL-BEING TIP

To promote positivity in your life, try gratitude journaling. Purchase a personalized journal, and write down a few things you are grateful for each day (e.g., people, achievements, experiences). A large body of research suggests that being grateful for the "little things" can promote happiness.

WINTER RECIPE



Winter White Cookies

These easy-to-make treats are no bake and are so crunchy, caramel-y delicious too! Ideal for the freezer any time of year, but especially at the Holidays.

Learn how to make them here:
<https://www.rockrecipes.com/winter-white-cookies/>

ADDITIONAL RESOURCES

Diniz, G., Korkes, L., Tristão, L. S., Pelegrini, R., Bellodi, P. L., & Bernardo, W. M. (2023). The effects of gratitude interventions: a systematic review and meta-analysis. *Einstein (Sao Paulo, Brazil)*, 21, eRW0371.
https://doi.org/10.31744/einstein_journal/2023RW0371

Verplanken, B., & Orbell, S. (2022). Attitudes, habits, and behavior change. *Annual review of psychology*, 73(1), 327-352.
<https://doi.org/10.1146/annurev-psych-020821-011744>

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today.
<https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

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[How to Change: The Science of Getting from Where You Are to Where You Want to Be \(2021, published by Portfolio\)](#)

Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this national bestseller, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit.

Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success.

Drawing on Milkman's original research and the work of her world-renowned scientific collaborators, *How to Change* shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you'll learn:

- Why timing can be everything when it comes to making a change
- How to turn temptation and inertia into assets
- That giving advice, even if it's about something you're struggling with, can help you achieve more

Whether you're a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, *How to Change* offers an invaluable, science-based blueprint for achieving your goals, once and for all.



[Katy Milkman](#)

