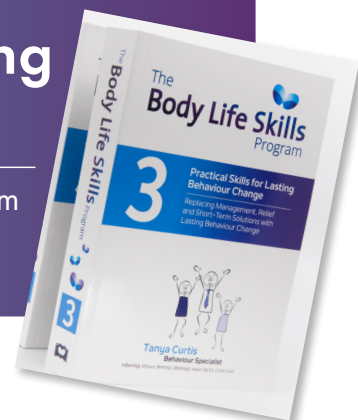


# The Body Life Skills Program

# 3

## Practical Skills for Lasting Behaviour Change

Replacing Management, Relief and Short-Term Solutions with Lasting Behaviour Change



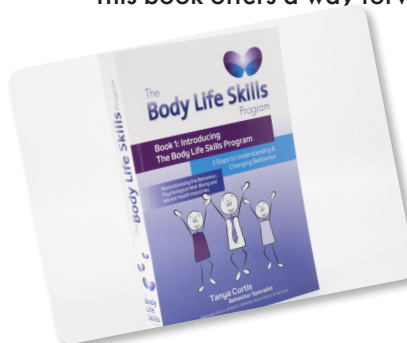
**Book 3 in the Body Life Skills Program series is available in-store and online**

Have you ever wanted, or even tried to change your own behaviour or the behaviour of other people? No doubt the answer is yes. Have your attempts at behaviour change been successful in the short-term **as well as the long-term**? All too frequently the answer is no. Our society is filled with an array of behaviour change strategies that all fall under the category of management, relief and solution-based strategies; and herein lays the error. It is these strategies that are failing our society as a whole as at the very best, they offer short-term behaviour change, but rarely LASTING change.

When observing what is going on on a daily basis, you will see behaviour challenges in the areas of education, mental health, justice, disability and that society as a whole is getting worse. This does not make sense in a world where there are more resources than ever before ... unless of course, our current resources are not truly supporting.

The Body Life Skills program embraces that lasting change is our way forward if we are to bring true change to the quality of the life of individuals, families, workplaces and society as a whole. This third book in the Body Life Skills series introduces simple, practical and effective ways that will support lasting behaviour change in both a personal and professional capacity.

**This book offers a way forward to bring about: Lasting Behaviour Change**



**Book 1 is already available in-store and online  
Book 2 is coming soon in 2019**

**TANYA CURTIS — AUTHOR OF THE BODY LIFE SKILLS PROGRAM**



**Behaviour Specialist** *MBehMgt, MCoun, BHlthSci. (BehMgt), Assoc Dip Ed. (Child Care)*  
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Tanya holds as a foundation that behaviour is what people do and not who people are. Thus she knows that at the core of each and every person is an awesome, amazing, lovable being notwithstanding the fact that some behaviours may benefit from adjustment. Tanya has brought simplicity and accessibility to what can feel to many like a complicated and overwhelming subject and she has successfully supported clients worldwide to effect lasting behaviour change in their own and others' lives.



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