

# Download Making A Change For Good

Making a Change for Good has 304 ratings and 36 reviews. Patty said: I first read this book in 2007, and could never make it past Day 2 of the 30-day gui...Making a Change for Good: A Guide to Compassionate Self-Discipline [Cheri Huber] on Amazon.com. \*FREE\* shipping on qualifying offers. According to Zen teacher Cheri Huber, we are conditioned to think that if we were only a little better in some way Making Changes For Good is a 56-page, 10-session workbook used with clients in need of Sex Offender Relapse Prevention. The program is designed to be used in concert with any sex offender treatment program or with sex offenders who have been released on probation or parole.1 CHANGING FOR GOOD By James Prochaska, PH.D., John Norcross, PH.D., Carol Diclemente, PH.D. Only I can change my life. No one can do it for me. Carol Burnett