



Small Change

Larry Terkel, Susan Terkel

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It's the little things in life that make a big difference!

Replace a soft drink with water at just one meal-say, lunch. Over the course of a year, you will drink approximately forty gallons more water, avoid consuming up to 50,000 calories, and save as much as \$500. Indeed, just as the stray coins you toss into a jar each evening gradually build into an amount you can use to actually purchase something sub-stantial, small changes-of any kind-can really add up! In **Small Change**, husband-and-wife writing team Susan and Larry Terkel offer readers a gentle yet powerful program for making significant changes in their lives based on three simple principles:

- Small changes are easier than big makeovers. (Each week add just one private dinner with your mate to your schedule and see your relationship improve by leaps and bounds.)
- Small changes add up to big benefits over time. (Smile just a little each day and, over time, watch your stress levels decrease, your immune system grow stronger, and your relationships prosper.)
- Small changes are more consistent with human nature and evolution. (After all, in the end, the tortoise did beat the hare.)

With an emphasis on daily habits, and some simple recipes for improving them, this wise little book outlines a fresh perspective on the timeless quest for sustainable self-improvement and a (relatively painless!) pathway to a better you.

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