

A Novel Idea

MUST-READ BOOKS FOR 2014

If you only read seven books this entire year, make these them

By Aly Walansky

NEW YEAR, NEW YOU

As we embark upon a new year, you may have aspirations of a new you, but are nervous about setbacks. "The central reason why behavior change is so hard is that your motivational system is so good at getting you to repeat actions that have worked successfully for you in the past," says Art Markman, author of "Smart Change."

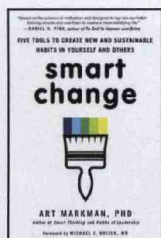
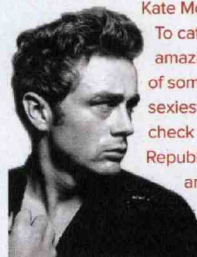
Markman believes our motivational system breaks down into a "go" system that pushes us toward those habitual behaviors, and a "stop" system – a sense of willpower – that tries to get us to stop actions that are detrimental. In this time of year when we are all about new beginnings, Art suggests we change our behavior by preventing ourselves from performing undesired behaviors while learning new habits.

"You start by understanding your habits better by observing your behavior and creating a habit diary. You may also need the help of friends and relatives to identify the triggers of your habits," Markman explains. "You have to optimize your goals to focus on positive behaviors that can become new habits."

By restructuring your environment to make the desirable behaviors easier and undesirable ones harder, he says, you can begin your process of change. It is hard work, but it's a new year ... the perfect time to make real, lasting change!

READING CAN BE RISQUÉ

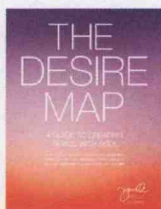
James Dean. Kate Moss. Emma Stone. To catch a peek at some amazing vintage shots of some of Hollywood's sexiest icons reading, check out Pinterest.com/RepublicOfYou/Reading/ and [Pinterest.com/GrayWolfPress/Celebrities-Reading.](http://Pinterest.com/GrayWolfPress/Celebrities-Reading/)



"Smart Change"

Art Markman

Markman, who's on the advisory board of the "Dr. Phil" and "Dr. Oz" shows, shares his intel by presenting realistic solutions to changing bad habits, losing weight, quitting smoking, even finding a date!



"The Desire Map"

Danielle LaPorte

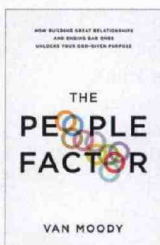
What do you desire? Use this holistic life-planning guide to pinpoint your own desires, and then explore the stories of 10,000 desire mappers who have revolutionized their own lives. Let their tales inspire you to learn how to map your desires within.



"Younger Next Week"

Elisa Zied

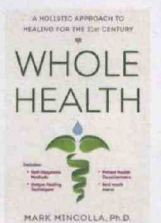
Arm yourself with the tools you need to feel your best inside and out by nixing the habits that age you (some will surprise you!); fueling yourself with age-defying, nutrient-rich foods; and learning how to relax and revitalize your life.



"The People Factor"

Van Moody

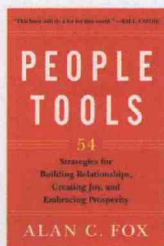
Moody's mojo: We can build great relationships and end bad ones at home, in social networks, and in the workplace. Find out how in this page-turner.



"Whole Health"

Dr. Mark Minicolla

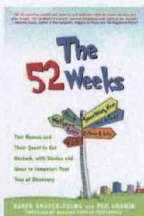
It's all about balance. Dr. Minicolla contends there is a natural way to identify any energy deficiencies and excesses that may be causing pain or sickness so you can enter into a more vibrant state of being.



"People Tools"

Alan C. Fox

Featuring advice from people who have been there, these time-proven techniques may just help you succeed in relationships with others, hopefully bringing an abundance of happiness in the year to come.



"The 52 Weeks"

Karen Young and Pam Godwin

If you've ever found yourself in a "state of stuck," maybe it's time to challenge yourself to something new. These authors challenged themselves to try one new thing every week for a year – from test-driving sports cars to rock climbing to dance lessons – and to blog about their journeys. They got "unstuck" and maybe we can as well.