

Retraining the creature of habit



Miriam Junge
Small Steps with Large Effects

[Kleine Schritte mit großer Wirkung]

Maximum satisfaction through minimal changes

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Miriam Junge, born in 1980, is a psychologist, psychotherapist for behavioural therapy, and coach. As a sought-after expert, she writes articles for national media, gives lectures, and provides coaching for executives, entrepreneurs, people in the arts, actors, and private individuals.

Single building blocks placed together form a large whole. Using this fundamental principle, the psychologist Miriam Junge explains how we can expand our personal potential through even the slightest changes in habits, on the micro-habit level.

Her approach: By taking our consciousness more seriously and being more mindful of ourselves and our needs, we enable ourselves to better recognise negative habits and thus change them. Miriam Junge demonstrates how we can learn to appreciate even small successes and strengthen our positive habits.

- Sought-after expert and speaker on the theme of habit change
- Methodical knowledge and practical exercises for modifying habits and achieving personal goals
- Micro-Habits – the current trend concept with assured success