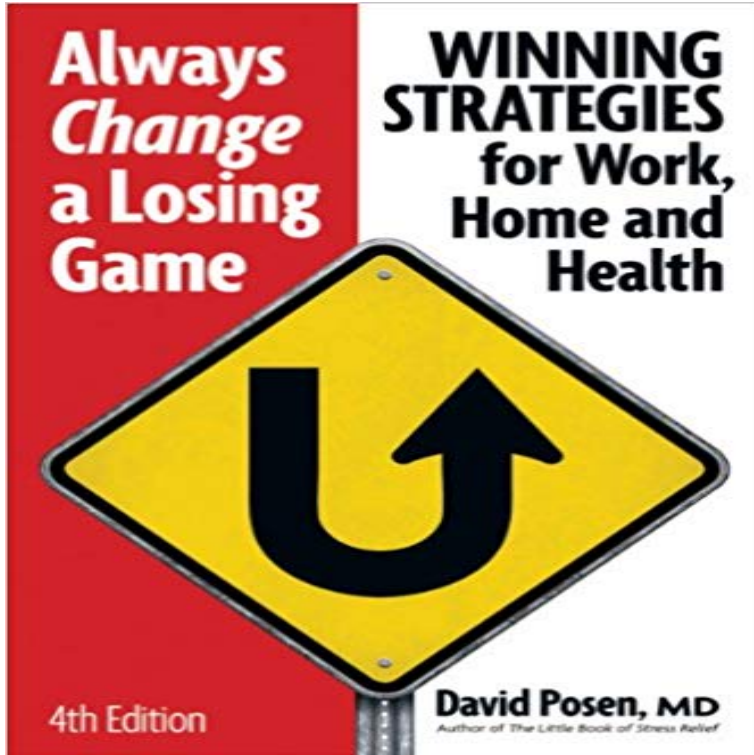


# Always Change a Losing Game: Winning Strategies for Work, Home and Health



If what you're doing now is not producing the results you want -- you are playing a losing game. If you want things to get better you've got to change that losing game. This book will show you how. Now updated for our times, *Always Change a Losing Game* has been published on four continents and continues to be popular and useful. Whether you're dealing with compulsive eating, addiction, struggling with kids, stuck in an unhappy relationship or a dead-end job, Dr. Posen provides practical guidelines that will help you change your losing habits and become more successful. This is a book for people struggling to be successful and feeling a lack of control. The book gives hope and encouragement because it focuses on all the things we can control -- primarily the way we think, the way we behave and the lifestyle choices we make. It illustrates the author's belief that we have more control than we think. The book was purposely written in everyday language to make it both easy to read and reassuring. The connection to sports provides a fresh approach for many people who need to think about their health, relationships, problem solving, self-esteem and productivity in a new way. *Always Change a Losing Game* explains how to make changes in your life when work or relationships are not working out. At times, changing a losing game requires vision and risk taking. But just continuing in a rut guarantees that things won't get better. If what you're doing and how you are living are not producing the results you want, you are playing a losing game and if you want things to get better you've got to change that losing game. This book is your key to success.

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