

Lifestyle Change Modules

Powerful Interventions that Transform Lives.



“At the end of the day, without life change it is all for naught.”

– former Surgeon General Tommy Thompson

Real change starts in the mind, stirs the emotions, and then impacts behavior. Permanent change occurs when the context that a person operates from is transformed. That very seldom takes place by reading a book or by browsing a website.

The Living Life™ Series of Lifestyle Intervention programs are transformational multimedia trainings. They empower participants to achieve their health and wellness goals in a way that makes them feel good about themselves and excited about their future.

About the Living Life™ Series

The Living Life™ Series, like all Selfhelpworks programs, are evidence-based cognitive behavioral trainings that help people change the way they think about themselves, their lives, and their lifestyles. The programs teach simple, personal, motivating principles that are practical and enlightening. Participants learn creative and effective ways to “dance” with life choices rather than to “wrestle” or fight with negative urges – the latter of which often leads to failure to withstand an urge and giving in to its pull. Thousands of people worldwide have successfully improved the quality of their lives by applying this approach to their daily activities.

How do they work?

The Selfhelpworks team believes “A video a week can change a life.” Participants watch as little as one video per week at their leisure. (They may view them more often if they choose and we will even remind them if they forget.) Between sessions, they apply one power principle learned in the video that is designed to remove barriers, create possibility, and keep them focused on their vision.

The user-friendly “feature sets” of the Selfhelpworks programs were designed to recreate as closely as possible the experience that a person could have if they attended our live trainer-led programs.

- **Instructor** – Each lesson is a multimedia coaching session led by a certified trainer. The program trainer motivates and educates the participant, and demonstrates to how to apply the simple but powerful concepts to even the most difficult challenges in their lives. They lay the foundation, process, and track for change.
- **Support** – Live programs usually contain a wide spectrum of support options. Support from Selfhelpworks is unequalled in stand-alone on-line programs.

- **MP3 Downloads** – A series of 13 short motivational support talks are available for the participant to listen to on their cell, iPod, or CD.
- **PersonalCoach™** – The PersonalCoach™ is a sophisticated software program that tracks the user experience longitudinally and provides experience-based coaching appropriately. This is an integral part of the program’s unparalleled interactive nature.
- **Personalized Coaching** – Participants complete short confidential surveys before most sessions. Based on how they fill out the surveys they may receive coaching (audio and text) on how to deal with certain challenging situations. This acknowledges their efforts and encourages them to stay on track. They may even get email or PDA feedback if they choose.
- **Internet-based RealTalkRadio™** – Once a week we hold a live on-line support group hosted by the instructor or a guest. Users can call, email, or fax in questions, problems, and challenges if they want to get verbal feedback (as if they were in a live group session)... or they can just listen. Selfhelpworks promotes the sessions weekly to all participants unless they opt out of the reminder.
- **Emails** – Users receive up to 50 reminders – motivational or educational emails – each year.
- **Program Manual** – At the end of each lesson, reading material, which mirrors the delivered message, is available to print and refer to as desired.
- **Program Exercises** – Each session contains actualization exercises (incorporated within the reading materials) designed to bring that lesson to life.
- **Additional Tools** – The programs contain a variety of program-specific tools designed to keep the participant’s experience interesting and valuable.

What’s the difference?

Simply said: experience, approach, and success rate(?). We have been helping people reach their goals since 1979. Our process is evidence based, clinically tested, and peer reviewed. The programs are result-oriented and focus on providing the tools and resources necessary to help guide a broad demographic and psychosocial base of participants through these life-altering initiatives.

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Weight Loss. Real weight loss starts in the mind, goes to the emotions, and ends up with the choices you make. Most choices about eating are based on the way you feel about what or how you are eating. When you think about eating “for your health” do you get all warm and fuzzy? Most likely not. In LivingLean™ you will discover why that is. You will start seeing and feeling differently about food, your health, and the possibilities that are available to you through living lean, healthy, and free.



Smoke Free. You will discover new ways of thinking about the process of smoking cessation. These techniques are very different from any program you’ve tried before. LivingFree™ treats the root physical and emotional causes of smoking and eliminates the psychological barriers that have kept you from succeeding initially and long-term in the past. Your emotional desire for tobacco will dissolve, allowing you to make rational rather than emotional decisions about smoking, helping assure you succeed.



Alcohol Free. LivingSmart™ teaches you how to become an ex-drinker without feeling deprived and without missing it. You’ll learn how to master your mind and change your emotional relationship with alcohol, so you can turn controlling your drinking into a positive experience. You’ll also learn how to eliminate the psychological blocks and how to draw from your own natural abilities to counter them easily.



Stress Free. In small quantities, stress is good – it can motivate you and help you be more productive. However, too much stress over time can actually harm your mind and your body. Persistent and unrelenting stress often leads to anxiety, depression, and unhealthy behaviors like overeating and abuse of alcohol or drugs. LivingEasy™ substitutes calm where there was fear, creates fulfilling relationships where there was anger, and contributes to clarity where there was overwhelming confusion.



Live Fit. Most of what you do on a daily basis is a function of habit. Some habits are productive, while others do not contribute to well-being. One thing all habits have in common is that once they are established, they become automatic. The LivingFit™ 90-Day Walking Program makes exercise an activity that you anticipate and enjoy daily so it becomes a regular part of your life.