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Subject: Tonight! NYCPG Facebook LIVE on Behavior Change
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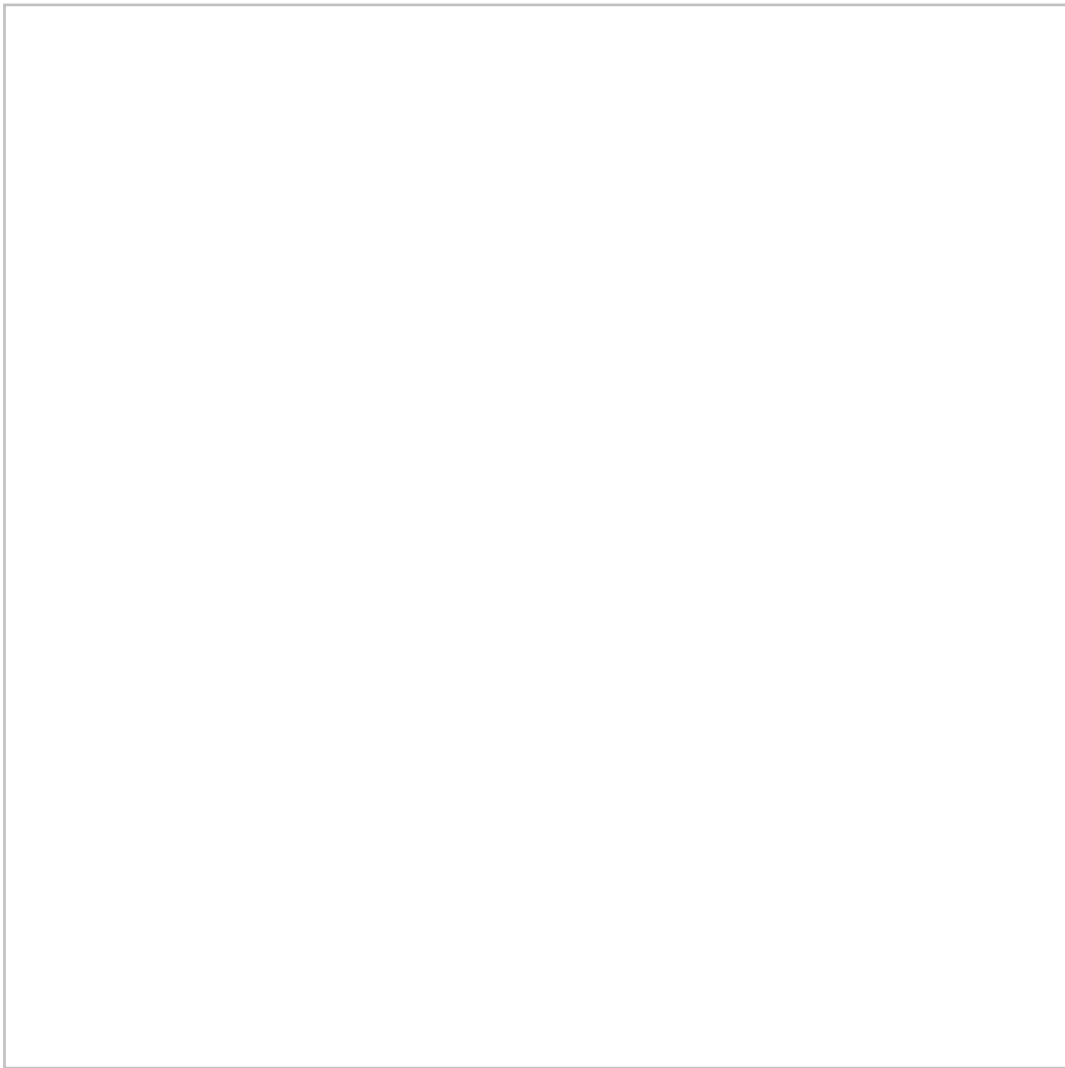
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NYCPG is going LIVE on Facebook with Dr. Michael Wohl to talk about Behavior Change

TONIGHT!

Thursday, May 19th @ 7:30PM EST



Behavior change is hard. Every year, millions (in not billions) of people plan to change their behavior. Most plans fail to produce a single change attempt. Additionally, a wide swath of people report no intention to change their unhealthy or addictive behaviors, resulting in significant harm to the self (and others in their life). What can be done to motivate behavior change? In this presentation I will discuss how you can use nostalgia (i.e., sentimental longing for the past) to help overcome the barriers to behavior change. Specifically, I will focus on nostalgic reverie for the life one led before the addiction took hold as an important (and understudied) catalyst for behavior change.

How do I register?

[CLICK HERE TO REGISTER](#)

Or you can join us on Facebook Live.

Just go to the [New York Council on Problem Gambling Facebook Profile](#).



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