

# Change

## Precontemplation

Feeling like there is no control over the pain.



## Contemplation

Wondering if there is a different way to manage the pain.

02

## Preparation

Researching and planning about ways to function with pain or help relieve pain.



## Action

Taking control and starting to try different ways to change the pain.



04

## Maintenance

Continuing on with beneficial changes and learning new strategies.

05



# Change Lif Psych

**Yicheng Fang**



**Change Lif Psych:**

## **Change Lif Psych** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Change Lif Psych**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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