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Review "O'Hanlon's deceptively simple techniques can be used to produce remarkable and powerful change. Do One Thing Different is engaging and easy to read and equally valuable for clients and therapists alike.

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Do One Thing Different Introduction The following are eight steps you can follow that will help things go differently. These ideas are based on work by Bill O'Hanlon (possibility therapy) and Scott D.

[Bill O Hanlon | Do One Thing Differently | Brain Sync](#)
Bill O Hanlon is a psychotherapist, hypnotherapist, speaker and author of 35 books, one of which, titled Do One Thing Different, landed him a reference in Oprah Magazine website.

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Change one thing Patterns of behavior are merely habits. Analyze your patterns, how do you do X (gain weight, smoke, start an argument, procrastinate, etc) Now, do one thing different that deviates from your normal pattern. The more ridiculous or silly, the better to break the cycle.

[Bitter Tea and Mystery: Do One Thing Different: Bill O'Hanlon](#)

Do One Thing Different: Bill O'Hanlon From time to time I throw a non-fiction book into my reading queue. I like to read mystery reference books, books about World War II,

and some self-help books. And books about health.