

Video: How to make your New Year's resolutions work

December 23 2019



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Why do New Year's resolution notoriously fail and how do we make sure we stick to them?

Dr. Lisa A Williams from UNSW School of Psychology explains the psychological reasons why your New Year's resolutions might actually work.

Provided by University of New South Wales

Citation: Video: How to make your New Year's resolutions work (2019, December 23) retrieved 2 May 2024 from <https://medicalxpress.com/news/2019-12-video-year-resolutions.html>

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