

**What You Can Change And What You Can't: The
Complete Guide To Self-improvement By Martin E. P.
Seligman**

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Health & weight bibliography – council on size and weight

Worth Your Weight: What you can do about a weight problem. Bethel, CT: Rutledge Hyperion Press, 1992. Seligman, Martin E. P., Phd. What You Can Change...And What You Can't: The Complete Guide to Successful Self-Improvement.

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Martin E. P. "Marty" Seligman is an American psychologist, educator, and author of self-help . What You Can Change and What You Can't: The Complete Guide to Successful Self-Improvement. New York: Knopf. ISBN 0-679-41024-4.

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