



Cappelen Damm 2018  
184 pages  
Original title: *En liten bok om det store som skjer når du følger planen*  
*Varig endring - En oppgave hver uke - Enkel, effektiv og morsom metode*

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#### OTHER TITLES

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A richer everyday life (2017)

## Birgitte Lange

# *A small book about the big things that happen when you stick to the plan* *Lasting Change in One Task Each Week*

A simple method for those who would like to achieve lasting change in their lives in one or more areas. Various tasks of your choosing are performed using a simple system of written notes, whether it be not eating sugar for a week, avoiding social media or perhaps saying yes to invitations and challenges.

By following the plan you can finally make the changes you want to make to your life.

## Birgitte Lange

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Birgitte Lange (b. 1966) is a political scientist, working as a Director General in the Ministry of Church and Cultural Affairs. She has previously published two books.



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