



The Only Behaviour You Control Is Your Own: Life-Changing Book Empowers Readers to Stop Trying to Change the World Around Them... and Thrive as a Changed Version of Themselves!

Written from the life, experiences and wisdom of Martin Humphries, 'The Only Behaviour You Control Is Your Own' strips life and humanity back to its core principles to show how anyone can be the best version of themselves through taking responsibility, owning their behaviours, and being genuine to those around them. It's based on a number of stark realisations Humphries made in his own life; hard truths that now allow him to embrace a much happier, more fulfilled life.

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Martin Humphries is the first to admit that many of the problems he's encountered in life have been of his own making. Throughout it all, like almost everyone else, he tried to change everyone else around him – rather than looking inward.

But though factors such as uniqueness, self-expression, generosity and a firm decision to choose and take responsibility for his behaviour, Humphries radically and totally transformed his life.

In his new self-help book, he invites readers to take their own hard look in the mirror and embark on a new life where their best self is their only self.

Synopsis of 'The Only Behaviour You Control Is Your Own':

“Some of us love the idea of changing other people, and spend excessive amounts of time and energy trying to do just that, getting angry, upset or frustrated if they don’t change.”

Learning to process behaviour, your own and that of those around you, in the moment, is not easy. And, if you’re honest, are you happy with your behaviour? All of the time? What about other people’s? What about that driver who cut you up at the lights the other day, and that idiot from Accounts?

Martin Humphries is a man familiar with bad behaviour – his own (at times), and that of everybody else (of course) – and admits he was of the opinion it was everybody else who needed to change to make his life better, and not he himself.

Recognising that his behaviour was not always doing him any favours, and conscious of behaviour he admired in others, he made it his ambition to better manage what were often split-second reactions to people and events, for good or for bad. As a consequence, he came to the realisation: the only behaviour we can actually control is our own.

But is abandoning our need to change everybody else, and learning to control our own behaviour, the fix for everything?”

“Nobody should let others define them, and I spent too many years trying to label those around me and demand they changed for my benefit,” explains the author. “But then I began to understand the truth – that I could change my own behaviours, take responsibility for them and project true authenticity and uniqueness without reservation. That’s when everything in my life began to improve, from love and friendship to success, outlook and all aspects of my physical and mental health.”

Continuing, “In this book, I invite readers to do the same. They are going to need to face many tough questions, each carefully crafted to unlock a truth that holds the power to change them for the better. After all, behaviour isn’t something you switch on and off – it’s always there, and it transcends setting, culture and situation to be one of the few constants in our life. With my book, anyone can now take those first steps to being the person they can be rightfully proud of.”

Reviews have been overwhelmingly positive. Julie McDonald writes, “I had no idea I was holding myself back in so many areas of my life. This book has truly had a transformative effect on me.”

Stuart Baxter adds, “I’ve only just finished this book, but already I am recommending it to everyone I meet. Inspirational!”

‘The Only Behaviour You Control Is Your Own’ is available now.

For more information and to purchase, visit the official website: <https://www.memorybook.co.uk/>.

About the Author:

Martin was born in Exeter. He taught in a large comprehensive school in Sheffield for 14 years, before travelling worldwide delivering culture change programmes and establishing an e-commerce company.

He now lives in Devon with his wife, where he does business consultancy work and writes.