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JUDY KURIANSKY

Sex & Romance

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New way to keep New Year's resolutions

The starting point is assessing where you are



Now, what is this man up to? He's changing his life for the better. Keep reading!

If you haven't kept any New Year's resolutions, no worries. You have another chance.

In fact, you have plenty of chances, since there are many opportunities to turn over a new leaf during the year. Like during Chinese New Year this week. Or as my friend Barbara Biziou aptly reminded me, on any meaningful day like your birthday, anniversary or major holiday.

In my [column on New Year's resolutions](#), I advised you to not to promise about what you will do in the future, but as if your desires were really happening ("I am

Dr. Judy Kuriansky, or "Dr. Judy" as she is fondly called by millions of her fans, is a clinical psychologist, certified sex therapist, radio call-in talk show host, TV personality, author and lecturer. An adjunct professor of psychology at Columbia University Teachers College, she got her Ph.D. in clinical psychology from NYU and worked at the New York State Psychiatric Institute for many years. Well known for wise advice and good humor on her popular radio shows for more than two decades, Dr. Judy appears often on TV news and talk shows and works extensively throughout the world spreading healthy messages about love and sex, as well as doing crisis intervention after major disasters. Her many books on love, relationships and sex include "The Complete Idiot's Guides" series, with books on "Healthy Relationships," "Dating" and "Tantric Sex." A die-hard New Yorker, Dr. Judy was born in Brooklyn, grew up in Queens (and Kentucky), and has lived in Manhattan in her beloved city for the last 35 years.

E-mail a question for her column at: <mailto:DailyNewsDrJudy@aol.com>

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