

A Practical Leadership Playbook Shows How to Make Change Stick and Deliver Real Results in Sticky Change

Abel Jimenez introduces a powerful system for transformation, helping leaders drive clarity, alignment, and outcomes in complex organizations.

NEW YORK CITY, NY, UNITED STATES, April 1, 2026 /EINPresswire.com/ -- A practical and insightful approach to organizational transformation is presented in **STICKY CHANGE: A Practical Operating System for Change That Adapts to Context** by Abel Jimenez. Written for executives, senior leaders, and high-potential professionals, the book addresses a persistent challenge in modern business: why change initiatives often fail after a strong start.

Jimenez explains that most transformations do not collapse at launch, but in the “messy middle,” where unclear decisions, competing priorities, and silent resistance begin to erode progress. Even well-funded programs with strong business cases can struggle when alignment weakens and teams become overwhelmed.

To address this gap, **STICKY CHANGE** introduces the ABEL Model, a flexible operating system designed to bring clarity and structure to complex change efforts. Rather than replacing existing frameworks, the model helps leaders organize and apply them effectively based on context. This approach reinforces a key idea throughout the book: successful change depends not only on strategy, but on how people experience and adopt it.

Through practical and actionable insights, Jimenez outlines how leaders can align teams before driving transformation, reduce ambiguity in decision-making, and create environments where adoption happens naturally. He emphasizes the importance of measurable outcomes while also recognizing the human side of change, where trust, communication, and emotional engagement play a critical role.



What sets the book apart is its real-world perspective. Grounded in experience rather than theory, it focuses on how transformation actually unfolds in complex organizations. Jimenez also reframes governance as a behavioral system, showing how effective structures can accelerate decisions and reduce friction.

STICKY CHANGE is ideal for leaders seeking a clear, results-driven approach to transformation. It offers a balanced framework that combines discipline with adaptability, helping organizations move from intention to sustained impact.

Abel Jimenez is a leadership strategist and transformation expert dedicated to helping organizations navigate complexity and achieve meaningful results.

The book is now available—secure your copy here: <https://a.co/d/0g9ARKC8>

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