



The Tools: Transform Your Problems Into Courage, Confidence, and Creativity

By Phil Stutz, Barry Michels

Random House USA Inc, United States, 2012. CD-Audio. Book Condition: New. Unabridged. 152 x 130 mm. Language: English . Brand New. NEW YORK TIMES BESTSELLER A groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change as seen on Goop and The Dr. Oz Show The Tools offers a solution to the biggest complaint patients have about therapy: the interminable wait for change to begin. The traditional therapeutic model sets its sights on the past, but Phil Stutz and Barry Michels employ an arsenal of techniques the tools that allow patients to use their problems as levers that access the power of the unconscious and propel them into action. Suddenly, through this transformative approach, obstacles become opportunities to find courage, embrace discipline, develop self-expression, deepen creativity. For years, Stutz and Michels taught these techniques to an exclusive patient base, but with The Tools, their revolutionary, empowering practice becomes available to every reader interested in realizing the full range of their potential. The authors goal is nothing less than for your life to become exceptional exceptional in its resiliency, in its experience of real happiness, and in its understanding of the human...



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