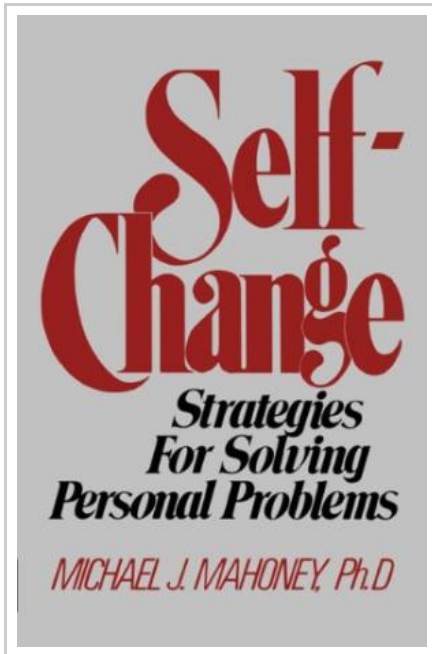




Mahoney Self-Change - Strategies for Solving Personal Problems

By Mahoney, Michael J.

W. W. Norton & Company, 1981. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The subject of this book is how to acquire the skill, or set of skills, that may be most important to your enjoyment and sense of accomplishment in adult life: the ability to deal effectively with crisis, change, and stress. Problem-solving skills can be learned by virtually everyone, and by doing so, the individual can change unacceptable behavior patterns. Michael Mahoney outlines a sequence of seven specific steps to help clarify a given problem, its causes, and its solution. Each step is developed in a separate chapter with appropriate examples and case histories. The strategy is almost infinitely flexible, and can be applied to such diverse situations as controlling anxiety, giving up smoking, and relieving sleep disorders.



READ ONLINE
[7.24 MB]

Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.

-- **Bart Lowe**

This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.

-- **Hyman O'Conner III**