

# Life Strategies Doing What Works Matters Phillip C

Mcgraw

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Dyce William Makepeace Thackeray John Knox Robert Röntgen Joshua Dressler

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this book will help you achieve goals based on your personal needs and values it uses a simple and highly visual method called the 10 step goal acceleration process gap to enable you to immediately apply its topics to relevant issues in your life key concepts build on those introduced in earlier chapters its other benefits include highly visual and easy to understand uses simple templates so you can create a highly personalized improvement plan provides a logical road map for achieving goals goals can modified as your needs change encourages you to immediately begin applying key concepts in each chapter shows shortcuts for achieving goals to save time helps to more effectively resolve personal conflicts helps balance goals to avoid becoming stressed and frustrated provides a useful framework from which to organize your life s activities enables you to lead a more satisfying and successful life in summary as you read this book you will have a much clearer idea of which personal goals are important for improving your life the 10 step gap process will also help you make sense of the complexity that surrounds your life complexity tends to inhibit personal

success by distracting people from identifying and achieving the things important to them you also learn how to create realistic plans for achieving important goals don't be surprised if at the end of the book your final goals are different from the ones earlier ones this approach for achieving personal goals will help you lead a more productive life this is what successful people do differently

doing what works in brief therapy a strategic solution focused approach is both a set of procedures for the therapist and a philosophy one that is shared with clients and one that guides the work of the therapist this second edition continues its excellence in offering clinicians a guide to doing what works in brief therapy for whom and when and how to use it psychotherapy that follows these guidelines validates the client's most important concerns and it often turns out to be surprisingly brief author ellen quick integrates strategic and solution focused therapy and includes guidelines for tailoring technique and interventions to client characteristics and preferences with clinically rich examples throughout this book offers applications for couples including indications for individual or conjoint sessions chapter summaries highlighting key points presents ways of eliciting what clients most want to remember describes the doing what works group including outcome research findings and all materials needed to run the group addresses the relationship among the positive psychology movement and this approach and the potential for collaboration emphasizes an acceptance based stance and how acceptance commonly leads to change proposes that doing what works and changing what doesn't can provide a transtheoretical perspective for therapists of any orientation

this interdisciplinary resource covers legal sociological psychological historical and economic

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