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Change It Up: The Get Real, Get Happy Guide That Just Might Help You Succeed Where Others Have Failed

By Karen Judd Smith

Gde Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Where do you turn when problems overwhelm you? Surveys show we normally respond in avoidance patterns, some healthy and some not. We eat, shop, watch TV, go to the gym, gamble, take drugs, drink alcohol, and the list goes on. The problem is now, not the problems themselves, rather that we don't know what to do to move on and beyond them healthily. Is there a way to systematically work through difficult problems fast? Yes! There is a way to break loose from the chains of those problems by asking the right questions. CHANGE IT UP guides you through 5 lines of inquiry that help you create solutions in the now-not tomorrow, not when someone else decides for you, and you don't have to wait until you have miraculously discovered your long lost fairy godmother or developed strange new super-will-power. The co-authors of this book draw on more than 30 years of theoretical development, clinical practice and empirical research, as well as their own personal and professional life experiences. They take you step by step...



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Reviews

It is one of the most popular publications. It really is filled with knowledge and wisdom. It has been designed in an exceedingly straightforward way and it is merely soon after I finished reading this pdf by which it actually transformed me, affected the way in my opinion.

-- **Gerardo Rath**

The very best publication I possibly read. It was written very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Wilhelm Predovic**