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Chapter 8 Transformative Travel and Spiritual Journeys; Chapter 9 Moments of Clarity That Change Everything; Chapter 10 Reducing Stress and Facing Fears; Chapter 11 Creating Meaning and Happiness; Chapter 12 Changing People's Lives While Transforming Your Own Chapter 13 Soliciting Support and Resolving Conflicts in RelationshipsChapter 14 Why Changes Don't Often Last; Notes; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; X; Y; Z

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Sommario/riassunto

Change is often a mystery, one that baffles doctors, therapists, teachers, coaches, parents-and especially those of us who struggle to alter bad habits or simply make lasting improvements in our lives. Why do we suddenly change for the better after years of failed efforts? Why do some of us never escape our self-destructive behaviors, even when we desperately want to? What is it that most reliably and effectively produces growth, learning and development that persist over time? In this vividly written volume, psychotherapist Jeffrey Kottler weaves together inspiring stories and the latest rese

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