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| Autore | Tiggelaar Ben |
| Titolo | Can do! [[electronic resource]] : how to achieve real personal change and growth / / Ben Tiggelaar |
| Pubbl/distr/stampa | London, : Marshall Cavendish Business, 2007 |
| ISBN | 0-462-09366-2 981-4312-07-X 1-904879-73-X |
| Descrizione fisica | 1 online resource (305 p.) |
| Disciplina | 158.1 |
| Soggetti | Self-actualization (Psychology) Personality change Self-help techniques Change (Psychology) Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references. |
| Nota di contenuto | pt. 1. How change really works -- pt. 2. Get real -- pt. 3. Make plans -- pt. 4. Take action -- pt. 5. Working with the basic change method. |