

1. Record Nr.	UNINA9910787296503321
Autore	Vilhauer Jennice
Titolo	Think forward to thrive : how to use the mind's power of anticipation to transcend your past and transform your life // Jennice Vilhauer
Pubbl/distr/stampa	Novato, California : , : New World Library, , [2014] ©2014
ISBN	1-60868-299-4
Descrizione fisica	1 online resource (243 pages)
Classificazione	PSY008000SEL016000SEL020000PSY020000
Disciplina	158.1
Soggetti	Self-actualization (Psychology) Cognitive therapy Affective disorders - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Sommario/riassunto	<p>"As psychologist Jennice Vilhauer worked with patients, she was often frustrated that the tools she'd been taught didn't help her clients more, that even after unearthing their pasts and understanding their patterns many still felt stuck. This led Vilhauer to discover a body of scientific work showing that it is the future that motivates us most. Crucial to this process is our sense that we have the ability to create positive outcomes. Over years of working with people in ten-week workshops, Vilhauer developed the step-by-step tools she outlines here. Assignments and exercises quickly but realistically build skills, including the abilities to redirect thoughts, use the conscious observer through mindfulness and meditation, and cultivate consistency and commitment. The result is a groundbreaking direction in therapy and, more importantly, a transformative tool for readers"--</p> <p>""Based on the author's research and client experiences as a psychologist, outlines 'future-directed therapy,' her method for overcoming depression, anxiety, etc. Includes practices and worksheets for redirecting thoughts and increasing readers' sense that they can create positive outcomes. Incorporates cognitive behavioral therapy, mindfulness, meditation, and recent neuroscience"--Provided by</p>

publisher"--

---