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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"--
