

1. Record Nr.	UNISA996205223103316
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)
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.