



Don't Wait for Your Ship to Come in. Swim Out to Meet it: Tools and Techniques for Positive Lasting Change

By Gary Wood

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Don't Wait for Your Ship to Come in. Swim Out to Meet it: Tools and Techniques for Positive Lasting Change, Gary Wood, For those battle-scarred veterans of self-help books, psychologist Dr Gary Wood has answers that actually work. He argues that for real changes in the life of real people we need real psychology. In Don't Wait for Your Ship to Come In, Swim Out to Meet It, he presents an end to 'yo-yo self helping. This is a complete step-by-step program for personal development, based on the life-coaching techniques and evidence-based psychology that have made him immensely popular on British radio, TV and magazines. Written in his trademark, fun, conversational Dr Wood offers a wealth of tools and techniques for positive lasting change illustrated with exercises, quizzes and anecdotes. It covers everything from relaxation, to self-talk, to creative visualization, to goal setting. It also contains tools for enhancing anyone's creative capacity for change and overcoming self-sabotage. Throughout, the book focuses on personal strengths and solutions and contains tools for conducting a complete life review. Dr Gary Wood offers the challenge 'It's your life so take it personally'. This...

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