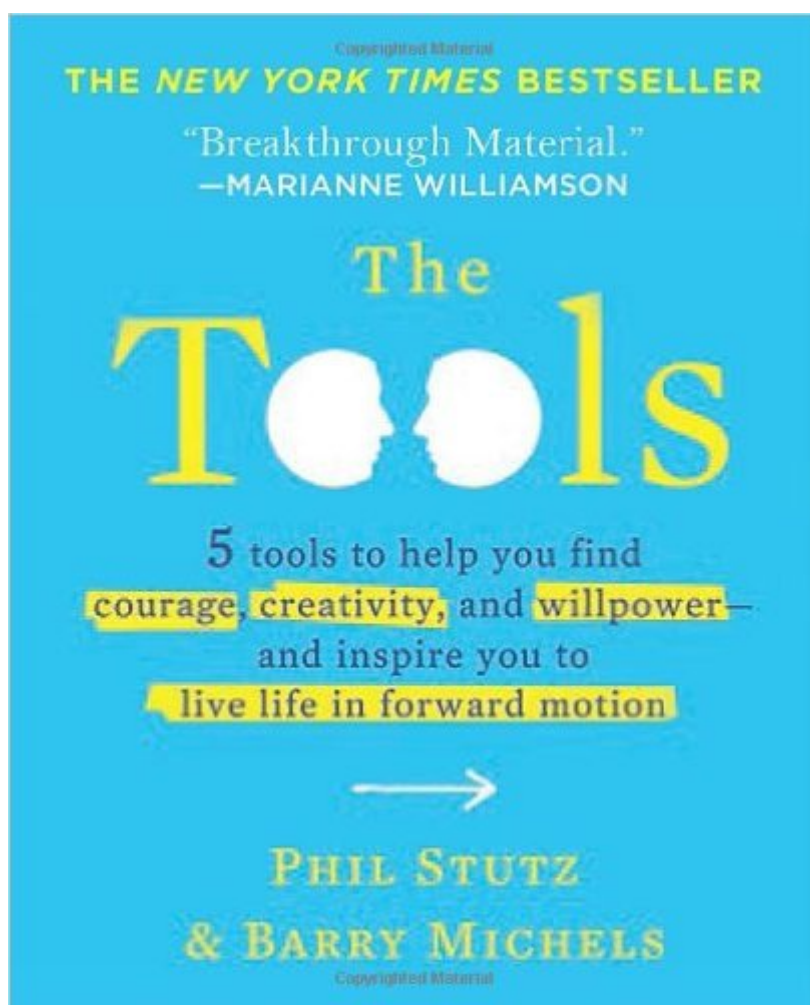


The book was found

The Tools (Miniature Edition): 5 Tools To Help You Find Courage, Creativity, And Willpower--and Inspire You To Live Life In Forward Motion



Synopsis

In this abridgment of their bestselling book, Phil Stutz and Barry Michels present a uniquely effective set of five tools that will help to bring about bold and dramatic change in your life. These transformative techniques will teach you how to get unstuck, control anger, express yourself, defeat anxiety, and find discipline.

Book Information

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Customer Reviews

I am writing this as a psychotherapist who is looking for new ways to lessen anxiety and depression. This book has been of invaluable assistance to my clients and to myself -- each of the five tools interacts with the others in a way that can end suffering.

I am an avid book reader and not many books make it to 'in case of emergency (ICE)' list, that is, if I were to run out of the home with my important documents and few books, the books in this ICE list. Psycho Cybernetics was the first one to make it to this list and after one or two other books in 6 years, finally I was thrilled to find the TOOLS to be deserving to be on this list. I have audio and miniature version along with the full PDF version. I love the shadow technique, still getting myself disciplined to practice and use it often but the results are their own encouragement for using TOOLS. There is no fluff, the case studies hit home and techniques are so simple and consume no extra time - that's the beauty of this work.

My major complaint is that the print is very small and difficult to read. Not good for middle-agers like me : (

It didn't change my life.

What the heck was this book? I must be simple minded. How am I supposed to relate to a book that is 3"x2.5" in size. A gimmick? Get real!

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