



## The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--And Inspire You to Live Life in Forward Motion (Paperback)

By Phil Stutz, Barry Michels

Spiegel Grau, 2013. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The groundbreaking New York Times bestseller featuring five uniquely effective tools to help you embrace your shadow, learn the secret of true confidence, and bring about dynamic personal growth--as seen on Goop and The Dr. Oz Show Change can begin right now. The Tools is a dynamic, results-oriented practice that defies the traditional approach to therapy. Instead of focusing on the past, this groundbreaking method aims to deliver relief from persistent problems and restore control--and hope--to users right away. Every day presents challenges--big and small--that the tools transform into opportunities to bring about bold and dramatic change in your life. These transformative techniques will teach you how to GET UNSTUCK: Master the things you are avoiding and live in forward motion. CONTROL ANGER: Free yourself from out-of-control rage and never-ending grudges. EXPRESS YOURSELF: Learn the secret of true confidence and find your authentic voice. COMBAT ANXIETY: Stop obsessive worrying and negative thinking. FIND DISCIPLINE: Activate willpower and make the most of every minute. For years, Phil Stutz and Barry Michels taught these tools to an exclusive patient base of high-powered executives and creative types. Now their revolutionary...



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