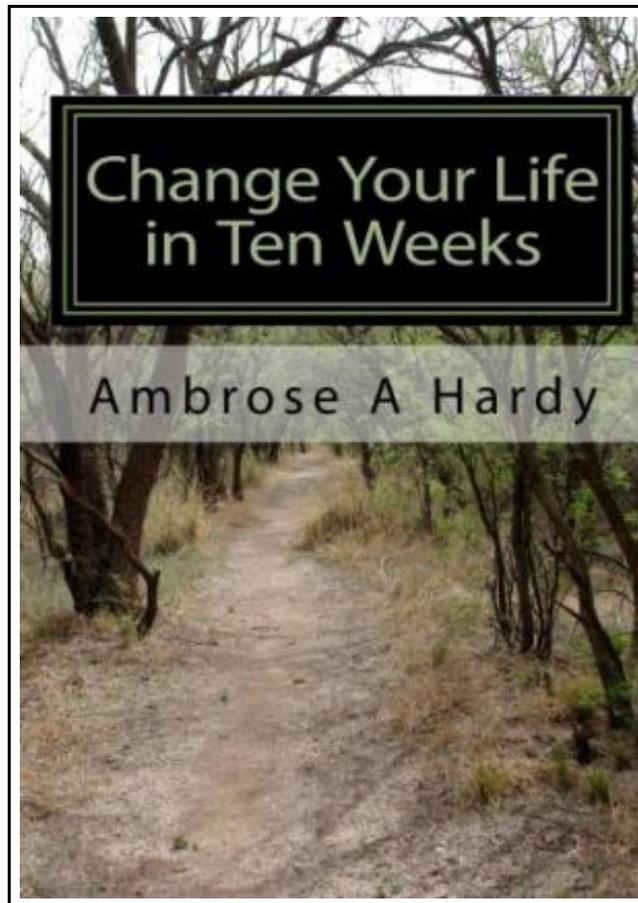


## Change Your Life in Ten Weeks: The Phoenix Self-Help Life Plan



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Createspace, United States, 2010. Paperback. Book Condition: New. 242 x 168 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Change Your Life in Ten Weeks is an easy to follow introduction and workbook for the author s Phoenix Self-Help Life Plan. The Plan program gently guides you in drawing up a set of personally chosen self-improvement goals aimed at bringing about the lifestyle changes you want. Selected goals are then broken down into weekly targets and into a manageable Personal Plan. The book s general theoretical approach, which is explained in simple terms, is based on the author s understanding of rational-emotive cognitive therapy, which stresses the vital interrelationships between our thoughts, feelings and behaviours. The first two weeks of the program are used to self-assess your existing lifestyle and to allow you to work out your Personal Plan for development: that is, to establish the specific goals and targets you want to work on. The comprehensive Lifestyle Evaluation Questionnaire included in the book, which you are asked to complete and score initially, helps you to prioritise those self-development goals which are most important for you. You then work on your Personal Plan over the remaining eight weeks of the program. Extensive documentation is included throughout the book to make easy the tasks of recording goals and targets and to monitor your weekly progress. You are also encouraged to make use of a buddy support system, though this is not essential. Change Your Life in Ten Weeks is relatively free of complicated psychological terms and the Plan s program can be easily worked through by any adult with a desire and determination to improve the quality of their existing lifestyle. Anyone who follows the Plan consistently and conscientiously for the full ten week period is likely to...



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