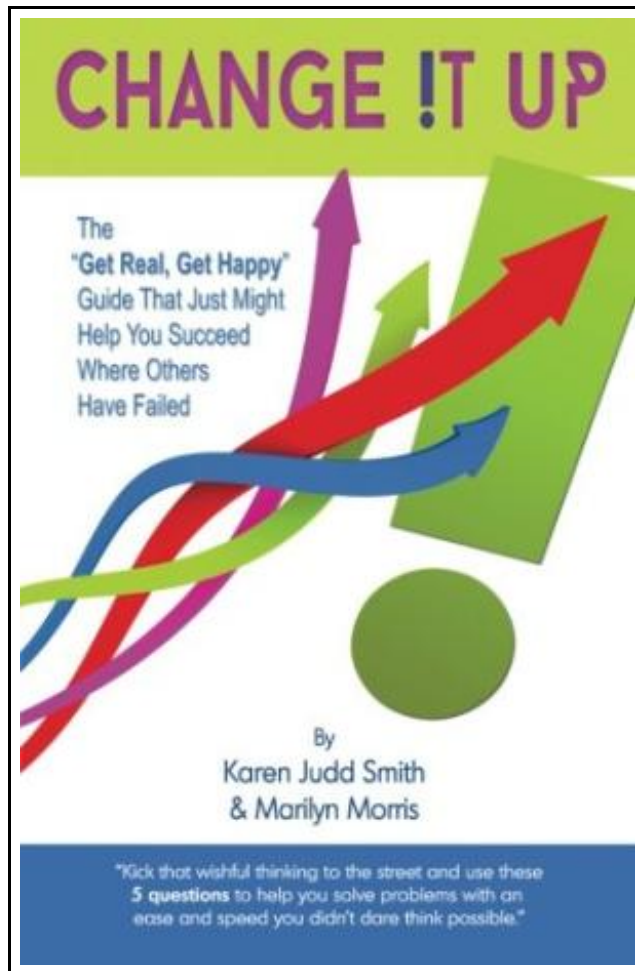


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Gde Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Where do you turn when problems overwhelm you? Surveys show we normally respond in avoidance patterns, some healthy and some not. We eat, shop, watch TV, go to the gym, gamble, take drugs, drink alcohol, and the list goes on. The problem is now, not the problems themselves, rather that we don't know what to do to move on and beyond them healthily. Is there a way to systematically work through difficult problems fast? Yes! There is a way to break loose from the chains of those problems by asking the right questions. **CHANGE IT UP** guides you through 5 lines of inquiry that help you create solutions in the now-not tomorrow, not when someone else decides for you, and you don't have to wait until you have miraculously discovered your long lost fairy godmother or developed strange new super-will-power. The co-authors of this book draw on more than 30 years of theoretical development, clinical practice and empirical research, as well as their own personal and professional life experiences. They take you step by step through the Solutions Mastery Matrix, a system that provides you with an efficient, effective program that is easy to learn and implement, giving you a way to resolve problems faster than you may have thought possible. It's like learning how to use a GPS that gets you where you want in your life while also showing you how to avoid the bad jams that usually get you stuck and stressed. Why is your problem happening to you? We don't know, and this book doesn't try to answer that. What it does answer and show you, is how...

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