



Find Your Power: A Toolkit for Resilience and Positive Change (2nd Revised edition)

By Johnstone Chris

Hyden House Ltd. Paperback. Book Condition: new. BRAND NEW, Find Your Power: A Toolkit for Resilience and Positive Change (2nd Revised edition), Johnstone Chris, Addressing personal and planetary issues, "Find Your Power" describes how to strengthen your ability to bring about positive change. Drawing on insights from addictions recovery, positive psychology, storytelling and holistic science, it includes proven strategies for improving mood, building strengths and increasing effectiveness. The first part of the book introduces motivational enhancement tools that help you become clearer about your direction and more inspired to move that way. The second part offers tools for getting through blocks by looking at creative problem solving strategies, ways of dealing with fear and methods for transforming crisis or failure into turning points. The third part explores how to keep yourself going in the marathon of longer term change by strengthening support around you, tapping into purposes bigger than yourself and making what you do more enjoyable. The tools described can be used for any kind of change, from tackling depression and improving your life through to addressing world issues like peak oil and climate change.



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