



## 10 Lessons in Power Psychology: Psychology Tips and Techniques for People Who Would Never Visit a Psychologist's Office (Paperback)

By Michael Abruzzese Ph D

Vista Health Services, Incorporated, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Why Not Have A Better Life? Presented in an easy, encouraging style and using practical, everyday language suitable for teenagers as well as adults, Ten Lessons In Power Psychology can provide the psychological information readers need to help overcome obstacles and exceed expectations using just four steps. Written by Michael Abruzzese, Ph.D., a past Clinical Instructor at Harvard Medical School and a clinical psychologist with over thirty years experience working with children, adolescents, families, schools and organizations, this book samples ten common aspects of life where you can use Power Psychology Techniques for Living (PTL) to improve everyday performance and achievement. You can read a chapter and put it into use in just a few minutes! Discover new and easy ways to: - Improve the quality of your sleep. - Help your child improve their grades. - Turbocharge your exercise workouts. - Increase your reading speed. - Improve your work relationships. - Reduce your worrying. - Stop procrastinating.and more! Dr Abruzzese distills the vast progress that behavioral psychology has made in recent years into an easy to follow user's manual...

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