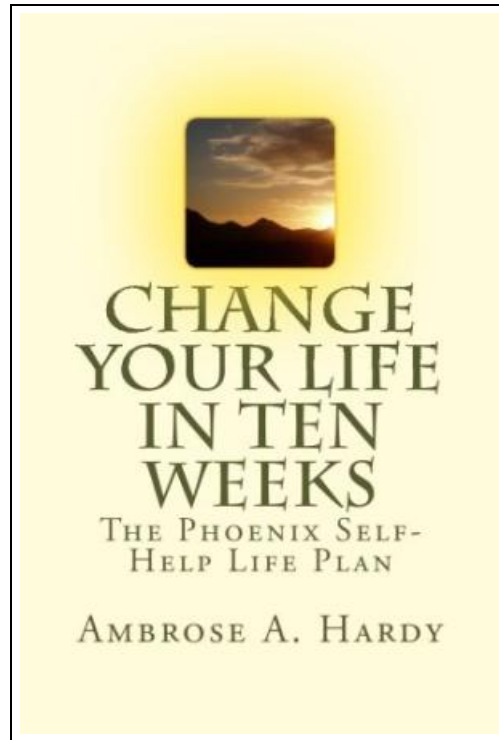


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Change Your Life In Ten Weeks is an easy to follow and step-by-step introduction and workbook for the Phoenix Self-Help Life Plan. The Plan requires you to complete a comprehensive Lifestyle Evaluation Questionnaire which you then score. Your result guides you in the drawing up of a Personal Plan. This Plan will be a set of personally chosen self-improvement goals aimed at transforming your lifestyle in the way YOU want. Once your goals are chosen and broken down into weekly targets, you work on implementing your Plan for a timeframe you choose, usually up to eight weeks. Extensive documentation is included throughout the book to make easy the tasks of recording goals and targets and to monitor your weekly progress. Part Three of the book provides taster chapters on a range of key self-change topics which are fundamental to achieving any form of lifestyle renewal. Each chapter is followed by an Exercise which challenges the reader to assess how that topic is relevant to their Personal Plan for self-improvement. Some chapters highlight tools for coping and others are meant to challenge the readers current thinking patterns. Emphasis is placed on the Rational Emotive Behaviour approach to self-therapy, which holds that if you Change Your Thinking you will surely Change Your Life. Change Your Life in Ten Weeks is relatively free of complicated psychological terms and the Plans program can be worked through by any adult with a desire and determination to improve the quality of their present lifestyle. Anyone who follows the Plan consistently and conscientiously for the full ten week period (or shorter period chosen by them) is likely to enjoy a healthier, more fulfilling and happier way...



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