



Planting the Impatience

By K.U. Brügge

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Planting the Impatience, K.U. Brügge, UNIQUE TRANSFORMATIVE SELF-HELP / PSYCHOLOGY BOOK USING METAPHORS AS CHANGE AGENTS Einstein: 'the same brain that created a problem cannot be used to solve it'. So, before you head off to a neurosurgeon to get a 'new brain', take this unique, interactive and powerful self-help method to it. You may find your brain has a new mind of its own to 'solve that problem'. The approach called "Metaphor Animation for Personal Trans-phor-mation" (M.A.P.T) shifts the contemporary self-help paradigm. How? BOOK ON METAPHOR ANIMATION * Draws on readers' unconscious resources * Reader highly active (creativity; intuition; play) * Content-free; purely symbolic (works with 'how' not 'what'). * After reading & application, change/transformation process has started. OTHER CONVENTIONAL SELF-HELP * Rely on conscious mind for change * Reader a passive recipient * Heavy on content ('what') rather than structure of experience ('how') * Impact often limited to greater awareness. Conscious impetus for change Why a self-help method dealing with metaphor? According to Johnson & Lakoff, metaphor makes up some 75% of human language! We take to it effortlessly. Few authors have, however, thought of developing an effective...



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