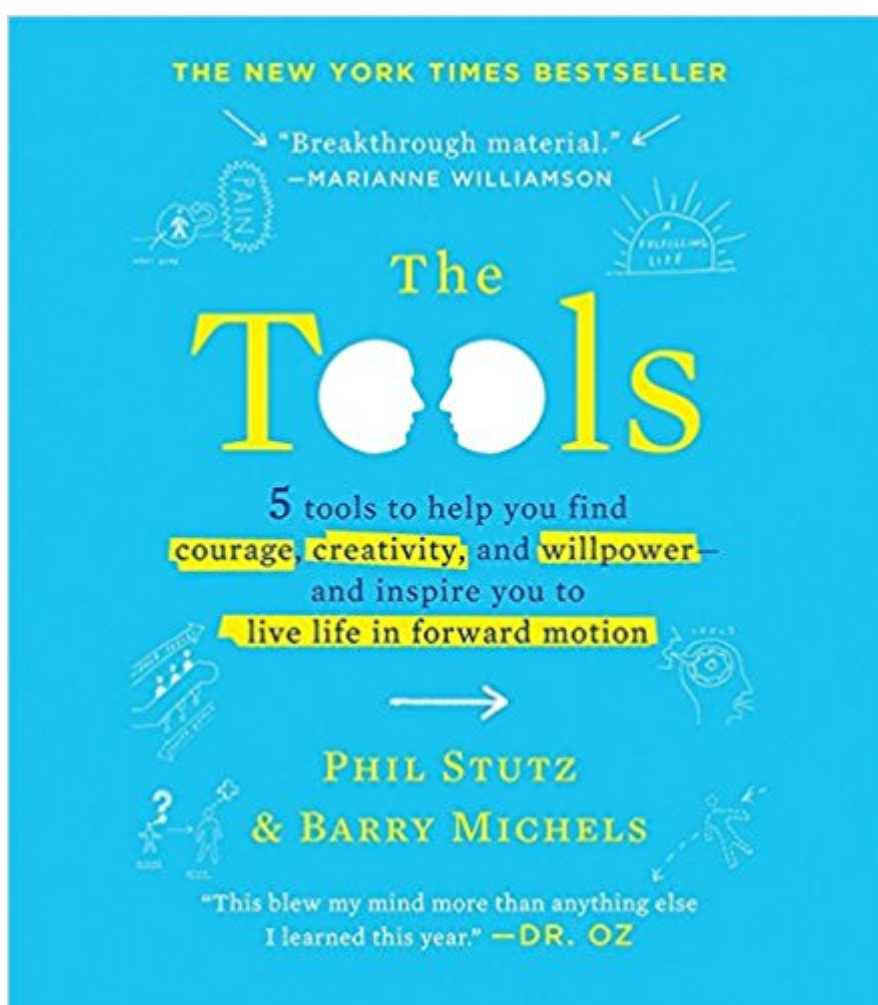


The book was found

The Tools (Miniature Edition): 5 Tools To Help You Find Courage, Creativity, And Willpower--and Inspire You To Live Life In Forward Motion



Synopsis

In this abridgment of their bestselling book, Phil Stutz and Barry Michels present a uniquely effective set of five tools that will help to bring about bold and dramatic change in your life. These transformative techniques will teach you how to get unstuck, control anger, express yourself, defeat anxiety, and find discipline.

Book Information

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Customer Reviews

Phil Stutz graduated from City College in New York and received his MD from New York University. He worked as a prison psychiatrist on Rikers Island and then in private practice in New York before moving his practice to Los Angeles in 1982. Barry Michels has a BA from Harvard, a law degree from University of California, Berkeley, and an MSW from the University of Southern California. He has been in private practice as a psychotherapist in Los Angeles since 1986.

I am an avid book reader and not many books make it to 'in case of emergency (ICE)' list, that is, if I were to run out of the home with my important documents and few books, the books in this ICE list. Psycho Cybernetics was the first one to make it to this list and after one or two other books in 6 years, finally I was thrilled to find the TOOLS to be deserving to be on this list. I have audio and miniature version along with the full PDF version. I love the shadow technique, still getting myself disciplined to practice and use it often but the results are their own encouragement for using TOOLS. There is no fluff, the case studies hit home and techniques are so simple and consume to

extra time - that's the beauty of this work.

It's tiny tiny, maybe 2 inches tall. But I love it. The points I need to access to use with my clients are easily accessible and I can keep it in my purse so I don't have to lug in the whole extra bag with extraneous materials. I love this book! And I particularly love this minisized version.

This book is considerably smaller than I expected. Miniature edition means you could almost swallow it. It makes it very hard to read.

My major complaint is that the print is very small and difficult to read. Not good for middle-agers like me : (

It didn't change my life.

Read it. It will change your life.

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