



Mahoney Self-Change - Strategies for Solving Personal Problems

By Mahoney, Michael J.

W. W. Norton & Company, 1981. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The subject of this book is how to acquire the skill, or set of skills, that may be most important to your enjoyment and sense of accomplishment in adult life: the ability to deal effectively with crisis, change, and stress. Problem-solving skills can be learned by virtually everyone, and by doing so, the individual can change unacceptable behavior patterns. Michael Mahoney outlines a sequence of seven specific steps to help clarify a given problem, its causes, and its solution. Each step is developed in a separate chapter with appropriate examples and case histories. The strategy is almost infinitely flexible, and can be applied to such diverse situations as controlling anxiety, giving up smoking, and relieving sleep disorders.



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Reviews

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