

How To Take Charge Of Your Life The User S Guide To Nlp

Take Charge of Your LifeTake Charge of Your Money Now!Take Charge of Your Breast CancerHow to Take Charge of Your Life: The User's Guide to NLPTaking Charge When You're Not in ControlTake Charge of AngerTake Charge of Your LifeDare to Take ChargeTaking Charge of CancerRethinking School: How to Take Charge of Your Child's EducationTake Charge of Your TalentHow to Take Charge of Your LifeIt's Not Him, It's You!Physical IntelligenceTake Charge of Your MindTake Charge of Your ViewTake Charge Product Management: Time-Tested Tips, Tactics and Tools for the New Or Improved Product ManagerTake Charge! General Surgery and UrologyTake Charge of Your BrandIf Not Now, When?Take ChargeTake Charge of Your Money Now! WorkbookThe Financially Confident WomanTake Charge of Your MindRethinking School: How to Take Charge of Your Child's EducationChanging CourseBoss Bitch10 Steps to Take Charge of Your Emotional LifeTaking Charge of Your Fertility Revised EditionTake Charge of Your Workers' Compensation ClaimTake Charge Now!Dare to Take ChargeTake Charge of Bipolar DisorderTake Charge of Your Child's Health52 Small Changes for the MindLeading TransformationTake Charge of Your DestinyTake Charge of Your LifeBefore It Takes Charge of YouTaking Charge of Your CareerTake Charge of Your Nursing Career

Take Charge of Your Life

In Take Charge of Your Mind, business entrepreneur and Oxford lecturer Paul Hannam and noted psychologist John Selby present well-researched and easily mastered "cognitive uplift" methods for consciously expanding your mental performance, personal power, and satisfaction at work. This easy-to-master Take Charge process enables you to wake up your mind and truly shine at work. By unleashing the remarkable power of your integrated mental, emotional, and intuitive capacity, you'll gain creative brilliance and inner confidence, successful customer bonding, and a new sense of well-being and fulfillment.

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Take Charge of Your Breast Cancer

Jumpstart your own career changes; discover your VIEW, the new skills for creating the work and life you love. A six-week journey packed with practical advice, it's like having a personal coach.

How to Take Charge of Your Life: The User's Guide to NLP

"A companion to the public television special"--cover.

Taking Charge When You're Not in Control

For nearly ten years, Judge Glenda Hatchett has delighted TV audiences with a brand of justice that turns the everyday into something eminently watchable. Her message can be distilled into the following two words: Dare Yourself. Whatever obstacles or fears one faces, Judge Hatchett's prescription implores readers to write their own story in this life. With care and conviction, Judge Hatchett uses real life stories from the courtroom and her personal life to counsel readers. Shows them how to find their true purpose and gifts, to be real about their reality and its potential outside of challenging circumstances, and to always be true to themselves. Interactive as well as inspirational, DARE TO TAKE CHARGE challenges the reader to ask self-reflective questions that lead to moments of self-discovery and a defined pathway to healing. Daring her audience to study the positive with the same interest and intensity that they study the negative, Judge Hatchett uncovers the potential for grace and success in lives that are now punctuated with despair and unfaithfulness.

Take Charge of Anger

Too many women feel like they lack the know-how to take control of their financial lives. But it's not the level of their knowledge that's the problem, says personal financial expert Mary Hunt; it's their lack of confidence. Being in debt isn't a money problem--it's an attitude problem. And Hunt is here to help women develop a confident, capable attitude toward money so that they can take control of their finances. Using the lessons she's learned from her own hard-fought battle with debt, Hunt empowers women to develop nine essential money habits, including giving, saving, investing, rejecting unsecured debt, preparing for emergencies, getting what you pay for, and more. She also includes a six-week action plan to help women get started right away.

Take Charge of Your Life

New Tools to Overcome the Human Barriers to Change Leaders know that their job is to transform their organizations to keep pace with technology and an ever-changing business environment. They also know that they are bound to fail in doing so. But this discouraging prospect is not because they won't be able to solve a technological or strategic problem. Leaders will fail because of intractable human responses associated with change--responses such as fear, ingrained habits, politics, incrementalism, and lack of imagination. These stumbling blocks always arise when we humans are faced with change, but what if we had a way to transcend them? This book reveals a radical new method for doing just that. Written by the executive who designed and implemented it, the neuroscientist who helped make it work, and the academic who explains why it works and how to do it, *Leading Transformation* introduces an innovative yet proven process for creating breakthrough change. Divided into three steps--envisioning the possible, breaking down resistance, and prototyping the future--this process uses cutting-edge tools such as science fiction, cartoons, rap music, artifact trails, and neuroprototypes to overcome people's inability to imagine or react to what doesn't yet exist, override powerful habits and routines that prevent them from changing, and create compelling narratives about the organization's future and how to get there. Showing how these tools have been used successfully by companies such as Lowe's, Walmart, Pepsi, IKEA, Google, Microsoft, and others, the process revealed in this book gives leaders the means to transcend the human barriers that block change and lead their organizations confidently into the future.

Dare to Take Charge

Ganz discusses how to attain the often seemingly impossible dream of a power-charged, super-charged, God-charged, Take-Charge life.

Taking Charge of Cancer

Psychiatrist, professor, and award-winning author Eve Wood trusts in your capacity to heal—to clear the way to a natural state of hope, harmony, and well-being. The insights and tools she shares in this book will enable you to identify and resolve your issues. Dr. Christiane Northrup says this book is "one of the best books I've ever seen on how to achieve emotional balance and happiness. It's practical, real world and very readable. Dr. Wood is my kind of doctor." Dr. Wood makes healing a simple process that anyone can understand. She walks you through ten steps that encompass examples, stories, exercises, and guidance. You'll take stock of where you are and discover what you can do to transform your life. You'll learn to address your negative thoughts and beliefs, make life choices that fit your nature, and develop strategies to support your innate capacity to heal. Whether you suspect that you're suffering from a known condition or you simply want to understand yourself better, this insightful book is a path, a promise, and a prayer for that truly transformative way of healing to begin.

Rethinking School: How to Take Charge of Your Child's Education

“A game changer for anyone ready to become the captain of their own ship.” —Dr. Phil McGraw, host of the nationally syndicated series Dr. Phil “Take Charge of Your Life urges readers to stop blaming and start accepting responsibility for choices.” —Jeannine Chartier Hanscom, ForeWord Reviews Are you seeking a happier and more satisfying life? In Take Charge of Your Life, author Dr. William Glasser explains choice theory—a science of human behavior and principles for regaining and maintaining a life you control—and how it can help you find personal freedom from relationship-destroying external control. Take Charge of Your Life, a revision of his 1984 book Control Theory, explains choice theory using personalized examples and illustrative stories that allow you to learn how to improve your relationships and take charge of your actions. Topics include marital and relationship problems, parenthood, addictions, pain management, and psychosomatic disorders. For each situation, Dr. Glasser ties behavior to the pictures people create in their minds of what they want. He explains how the pictures got there and how people can choose new behaviors to get what they really want. In Take Charge of Your Life, Glasser offers a real model of empowerment. He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations.

Take Charge of Your Talent

“A game changer for anyone ready to become the captain of their own ship.” —Dr. Phil McGraw, host of the nationally syndicated series Dr. Phil “Take Charge of Your Life urges readers to stop blaming and start accepting responsibility for choices.” —Jeannine Chartier Hanscom, ForeWord Reviews Are you seeking a happier and more satisfying life? In Take Charge of Your Life, author Dr. William Glasser explains choice theory—a science of human behavior and principles for regaining and maintaining a life you control—and how it can help you find personal freedom from relationship-destroying external control. Take Charge of Your Life, a revision of his 1984 book Control Theory, explains choice theory using personalized examples and illustrative stories that allow you to learn how to improve your relationships and take charge of your actions. Topics include marital and relationship problems, parenthood, addictions, pain management, and psychosomatic disorders. For each situation, Dr. Glasser ties behavior to the pictures people create in their minds of what they want. He explains how the pictures got there and how people can choose new behaviors to get what they really want. In Take Charge of Your Life, Glasser offers a real model of empowerment. He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations.

How to Take Charge of Your Life

Whether you are in the middle of your nursing career or just getting started, Take Charge of Your Nursing Career is a book

for nurses at all stages. If you're considering a move to management, a higher degree, or entrepreneurship, this book provides practical information that takes you step-by-step along the path to success -- from cover.

It's Not Him, It's You!

For nearly ten years, Judge Glenda Hatchett has delighted TV audiences with a brand of justice that turns the everyday into something eminently watchable. Her message can be distilled into the following two words: Dare Yourself. Whatever obstacles or fears one faces, Judge Hatchett's prescription implores readers to write their own story in this life. With care and conviction, Judge Hatchett uses real life stories from the courtroom and her personal life to counsel readers. Shows them how to find their true purpose and gifts, to be real about their reality and its potential outside of challenging circumstances, and to always be true to themselves. Interactive as well as inspirational, DARE TO TAKE CHARGE challenges the reader to ask self-reflective questions that lead to moments of self-discovery and a defined pathway to healing. Daring her audience to study the positive with the same interest and intensity that they study the negative, Judge Hatchett uncovers the potential for grace and success in lives that are now punctuated with despair and unfaithfulness.

Physical Intelligence

Take Charge of Your Mind

Offers advice on filing a claim, dealing with employers and lawyers, locating a qualified doctor, and negotiating a settlement.

Take Charge of Your View

When things don't go right. When it's not fair. When someone doesn't do what they promised they would. Losing or breaking something, being scared or hurt. Not understanding or being able to make something work. Any of these things can trigger anger in children. In response, they may scream, shout, or lash out. This book helps children learn how to deal with their anger. It explains how and why we get angry, and why we think, feel and do the things we do when we're angry. It explains how children can use up their angry energy safely, in ways that don't hurt anyone or make things worse. Take Charge of Anger understands what's going on for an angry child. It suggests ways in which a child can learn to manage their anger and get help if they need it. With this book, children can learn solutions that really work so that they feel less overwhelmed and upset and more in control.

Take Charge Product Management: Time-Tested Tips, Tactics and Tools for the New Or Improved Product Manager

Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.

Take Charge! General Surgery and Urology

Unlock your product management potential and achieve breakthrough performance for your products and company! If you're looking for an effective and proven approach to product management – one that recognizes that the majority of product managers enter the field with little or no training and must learn through trial and error – this is the book for you. Take Charge Product Management guides you step-by-step along the product management path with tips, tactics, and tools to make you and your products more successful. Whether you're a new or experienced product manager, or a seasoned executive leading a team of product managers, this hands-on guide arms you with best practices to optimize your time and effectiveness and increase your value. Learn how to:

- Understand what's expected of you at each stage of your company's growth
- Add value to your organization by understanding your executives' expectations
- Evaluate the range of product management approaches available
- Gather the mission-critical information you need to succeed
- Develop an effective vision for your offering
- Align your organization behind your product decisions
- Form cross-functional teams and synchronize with the development team
- Shift from reactive to proactive product management
- Document your results

Take Charge of Your Brand

The world of work is changing dramatically. Jobs for life have long been a thing of the past and even as people move up the corporate ladder, they are questioning their choices and keen to consider new possibilities such as work/life balance and portfolio working. Those of us keen to change career often don't know where to start so it remains a pipe dream rather than a reality we can work towards. In this action-oriented and pragmatic book, expert career coaches Jane Barrett and Camilla Arnold address the common barriers to career change that they frequently encounter in their work, and give readers a proven roadmap to achieve their new job goals. *If Not Now, When?* includes first-hand experiences of successful career change but also quizzes, exercises and self-assessment tools to help readers make the best choice for them.

If Not Now, When?

Most of the aches and pains we experience in our day-to-day lives are the result of tightness in our muscles and soft

tissues. This book gives you the information and tools to prevent and/or alleviate most of them without drugs or doctor visits. You will learn how muscles and fascia work together to keep us upright and moving. Armed with this knowledge, you will learn strategies to maintain optimal posture and minimize muscle strain with its resulting pain. Finally, step-by-step instructions with illustrations are included for 16 stretches that will keep your body flexible and functional. Use this book to live your life with more ease and less pain. So many of those annoying aches and pains we experience can be prevented. The information and tools for you to take control are here.

Take Charge

Control is a myth. Sooner or later, all of us run into people and situations we have absolutely no control over. That's precisely when we need to step in and take charge. As nationally renowned psychotherapist and author Patricia Wiklund, Ph.D., shows in this persuasive new book, taking charge means valuing yourself for who you are and using your strengths to achieve what's important. Warm, practical, and appealing down-to-earth, *Taking Charge When You're Not in Control* offers real solutions to difficult everyday issues. Dr. Wiklund argues that being a victim is fundamentally a state of mind. Once we clarify how we feel about what life has dealt us, we gain the power to emerge from the victim mentality and embrace our best options truthfully and capably. Even if we can't change outside events, we can change the way we react. That's charge now, we become freer, stronger, and more fully ourselves. This complete program of self-understanding includes how to

- Confront—and defuse—the "out of control" people in our lives
- Stop the labeling, blaming, shaming, and feeling guilty game
- Achieve real change without relying on conventional self-help programs
- Release yourself from the victim mentality once and for all
- Let go, forgive, and feel your absolute strongest emotionally
- Free yourself of anxiety, self-doubt, anger, and frustration

And much more *Taking Charge When You're Not in Control* is not a recovery book but rather a book about being—and feeling—recovered. Here you'll find exercises, anecdotes, and great advice to help you start taking charge—right now. You can live a rewarding, successful, deeply satisfying life. Let this uplifting book be your guide.

Take Charge of Your Money Now! Workbook

Take Charge of Your Destiny teaches how you can create a compelling vision for your future, eliminate any subconscious blocks in your way, and design a life of abundant health, success, prosperity and joy—exactly the kind of life you were born to live. Here is just a sampling of what you will learn: How to break the illusions that are holding you back. How to easily uncover the resistance that is blocking your progress. Why you're never too old to pursue your dreams. How a simple question can improve interpersonal communication. How to create your own personal health team with you as captain. What to do if you're not rich yet. How to attract more money into your life easily and joyfully. How to feel better no matter what happens. How taking a few simple steps can lead to ultimate success.

The Financially Confident Woman

Too many of us never achieve the romantic and sexual fulfillment we want and deserve, and usually we blame our partners for getting it wrong. But what if the problem isn't him, it's you? Renowned relationship therapist and New York Times' bestselling author Laura Berman helps you break out of bad relationship patterns and achieve lasting romance and sexual satisfaction. Designed to be both inspirational and achievable, *It's Not Him, It's You!* helps you identify the damaging patterns of thought and behavior that prevent you from finding love and realizing the full potential of your relationships. Learn how to overcome self-blame and lack of confidence, how to acknowledge bad relationship choices so that you never repeat them, how to feel confident in the bedroom, and how to bring romance and intimacy back into your sex life. Then take the reins of your love life and create the relationship you want. *It's Not Him, It's You!* speaks to both single women and those in established relationships. Each chapter takes you one step further along the path to lasting, fulfilling love and sex, with a combination of tips, advice, inspiration, and real-life stories from Laura's clinics, all presented in Laura's characteristic warm, supportive style, to help you to discover just how happy, satisfying, and rewarding your relationship can be.

Take Charge of Your Mind

Small changes work. In this practical ebook, wellness expert Brett Blumenthal reveals how to hone in on the mind as the foundation of overall health and well-being. She presents one small, achievable change every week—from developing music appreciation to eating brain-boosting foods, practicing mono-tasking, incorporating play, and more. The accumulation of these lifestyle changes ultimately leads to improved memory, less stress, increased productivity, and sustained happiness. Backed by research from leading experts and full of helpful charts and worksheets, *52 Small Changes for the Mind* provides a road map to a better life—and proves that the journey can be as rewarding as the destination.

Rethinking School: How to Take Charge of Your Child's Education

Offers advice to women on how to navigate the health care system, outlines the potential risks and benefits of various treatments, and suggests ways to avoid overtreatment and undertreatment.

Changing Course

Detailing a groundbreaking technique, the Fertility Awareness Method, an illustrated, updated guide for couples facing infertility offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for

avoiding or achieving pregnancy.

Boss Bitch

As a junior doctor starting a surgery or urology rotation, you are expected to take charge of referrals from - and give specialist advice to - A&E, GPs and other specialties. Often you will have had very limited surgical experience and only an off-site registrar for support. This pocket-sized book provides a quick, reliable reference guide for the initial management of the common surgical referrals, with guidance as to what complaints require admission and which can be sent home for outpatient or GP follow-up. It will help relieve the stressful experience of being on-call, alleviating some of the anxiety and making shifts more bearable.

10 Steps to Take Charge of Your Emotional Life

Taking Charge of Your Fertility Revised Edition

"Lapin draws on raw and often hilariously real stories from her own career -- the good, the bad, and the ugly -- to show what it means to be a "boss" in twelve easy steps. In her refreshingly accessible and relatable style, she first shows how to embrace the "boss of you" mentality by seizing the power that comes from believing in yourself and expanding your skillset. Then she offers candid no-nonsense advice for how to kill it at as the "boss at work" whether you have a high-up role or not. And finally, for those who want to take the plunge as an entrepreneur, she lays out the nuts and bolts of how to be the "boss of your own business" from raising money and getting it off the ground to hiring a kickass staff and dealing office drama to turning a profit"--

Take Charge of Your Workers' Compensation Claim

"If you read only one book on educating children, this should be the book.... With a warm, informative voice, Bauer gives you the knowledge that will help you flex the educational model to meet the needs of your child." —San Francisco Book Review Our K-12 school system isn't a good fit for all—or even most—students. It prioritizes a single way of understanding the world over all others, pushes children into a rigid set of grades with little regard for individual maturity, and slaps "disability" labels on differences in learning style. Caught in this system, far too many young learners end up discouraged. This informed, compassionate, and practical guidebook will show you how to take control of your child's K-12 experience and negotiate the school system in a way that nurtures your child's mind, emotions, and spirit. Understand why we have

twelve grades, and why we match them to ages. Evaluate your child's maturity, and determine how to use that knowledge to your advantage. Find out what subject areas we study in school, why they exist—and how to tinker with them. Discover what learning disabilities and intellectual giftedness are, how they can overlap, how to recognize them, and how those labels can help (or hinder) you. Work effectively with your child's teachers, tutors, and coaches. Learn to teach important subjects yourself. Challenge accepted ideas about homework and standardized testing. Help your child develop a vision for the future. Reclaim your families' priorities (including time for eating together, playing, imagining, traveling, and, yes, sleeping!). Plan for college—or apprenticeships. Consider out-of-the-box alternatives.

Take Charge Now!

A critical resource for anyone with a cancer diagnosis. Written by a radiation oncologist and cancer researcher, *Taking Charge of Cancer* offers an insider's guide to understanding and receiving the best treatment options, choosing the right medical team, and approaching this difficult time with knowledge and hope. Receiving a cancer diagnosis can be terrifying, and the first thing you probably want to know is: How am I going to survive this? Cancer care requires decisions from numerous professionals, delivering treatments that are potentially life-saving, but also potentially dangerous and life-threatening. The chances of cure and survival for any given patient depend on the expertise of the cancer team, and whether procedures are in place to ensure that cancer care is delivered properly. So, how can you make sure you choose the right treatment team and ensure the best chances of survival and long-term health after being diagnosed with cancer? *Taking Charge of Cancer* is a different type of book for cancer patients—one that goes beyond the cancer information that is currently available, allowing you to truly take control of your cancer treatment. You'll learn how to obtain and understand medical records, and why these records are critical to your care. You'll also find the tools you'll need to determine if the recommendations made by doctors are in keeping with accepted treatment guidelines. You'll discover how doctors use evidence to decide which treatments are best, as well as how doctors can become biased in their recommendations. And, most importantly, you'll be able to evaluate whether surgery, radiation, or chemotherapy make the most sense in your specific case—and whether or not these serious treatments are being delivered effectively and safely according to the highest standards. Now that you've received a cancer diagnosis, it's time to set a plan in motion for your recovery. This book will help you do just that—every step of the way.

Dare to Take Charge

The world of work is changing dramatically and jobs for life have become a thing of the past. Even people moving up the corporate ladder are questioning their choices and considering new possibilities, such as work/life balance or portfolio working. If you want to take charge of your career but don't know where to start, change can feel unobtainable - a pipe

dream. This action-oriented and pragmatic book will help you overcome the barriers to deciding on a career and changing career, giving you a proven roadmap to achieve your goals. Taking Charge of Your Career will lead you step-by-step through the process of building your career strategy and making it happen. Full of exercises and self-assessment tools to help you make the right choices, it also includes real-life stories of successful career changers.

Take Charge of Bipolar Disorder

Presents advice on managing personal financial resources, discussing investment strategies, savings, credit, budgeting, and retirement planning.

Take Charge of Your Child's Health

Health.

52 Small Changes for the Mind

The authors offer those with Bipolar Disorder a four-step plan towards managing the illness and creating lasting stability.

Leading Transformation

“If you read only one book on educating children, this should be the book.... With a warm, informative voice, Bauer gives you the knowledge that will help you flex the educational model to meet the needs of your child.” —San Francisco Book Review Our K-12 school system isn't a good fit for all—or even most—students. It prioritizes a single way of understanding the world over all others, pushes children into a rigid set of grades with little regard for individual maturity, and slaps “disability” labels on differences in learning style. Caught in this system, far too many young learners end up discouraged. This informed, compassionate, and practical guidebook will show you how to take control of your child's K-12 experience and negotiate the school system in a way that nurtures your child's mind, emotions, and spirit. Understand why we have twelve grades, and why we match them to ages. Evaluate your child's maturity, and determine how to use that knowledge to your advantage. Find out what subject areas we study in school, why they exist—and how to tinker with them. Discover what learning disabilities and intellectual giftedness are, how they can overlap, how to recognize them, and how those labels can help (or hinder) you. Work effectively with your child's teachers, tutors, and coaches. Learn to teach important subjects yourself. Challenge accepted ideas about homework and standardized testing. Help your child develop a vision for the future. Reclaim your families' priorities (including time for eating together, playing, imagining, traveling, and, yes,

sleeping!). Plan for college—or apprenticeships. Consider out-of-the-box alternatives.

Take Charge of Your Destiny

Whether you're the new kid in a cubicle, the boss in the executive suite, or self-employed, you have huge potential for greater productivity and fulfillment. Even very high performers in excellent organizations—large and small, for profit and nonprofit—report that 30 to 40 percent of their talent is untapped. Imagine what lies waiting for you. *Take Charge of Your Talent* details three keys to develop and enjoy your abilities. You'll discover new ways to identify your aspirations and opportunities, power past obstacles, and translate your intentions into results. Finally, you'll create a personal brand with enduring career assets that will multiply the payoffs for yourself and your organization. "This inspiring book will teach you how to unlock your gifts and release your power and potential." —Ken Blanchard, coauthor of *The One Minute Manager* and *Great Leaders Grow* "This wonderfully practical and inspiring book is based on a belief I cherish: that all humans are creative and have talent." —Margaret J. Wheatley, author of *Leadership and the New Science* and *So Far From Home* "Maruska and Perry's book shows how we can harness our talents in ways that expand our horizons, ramp up our ability to bring out our best, and energize those around us in the same way. Indispensable." —Michael Ray, professor emeritus, Stanford Business School, coauthor of *Creativity in Business*, and author of *The Highest Goal*

Take Charge of Your Life Before It Takes Charge of You

Helps parents deal with illness and emergencies and includes information on medication, selecting a pediatrician, keeping accurate health records, fever, allergies, and more

Taking Charge of Your Career

I have never taken a personal branding class before but this one today was so informative. A lot of the information I will take and use it in all aspects of my professional and personal life. I have also almost have my personal branding statement, which I am so excited about. Presenter and content were both fantastic. The exercises were thought-provoking and will definitely prove useful in many professional settings. Guisselle is very passionate about her knowledge. I really enjoyed her charisma and how she engages with the students. Very funny!!! These are just some of the comments and feedback Guisselle Nunez has received from attendees of her powerful 'Take Charge of Your Brand' workshop. And now, she's taken the same information she shares in these game-changing workshops, coupled with her 20+ years of marketing and communication experience and poured it into this book. Using the knowledge and experience included in these pages, readers will have exactly what is needed to help curate the perfect strategy and action plans to reach and exceed their

personal and professional goals as a brand.

Take Charge of Your Nursing Career

"Comprehensively covers many deadly aspects of blaming-blaming oneself, other people, and external conditions-and does so in an exceptionally clear, readable, and charming manner."-Albert Ellis, Ph.D., President, Albert Ellis Institute for Rational Emotive Behavior Therapy "Dr. Knaus provides a clear path away from fault-finding and condemnation to a tolerant, assertive, and fulfilling modus vivendi. I heartily recommend it!"-Arnold Lazarus, Ph.D., Distinguished Professor Emeritus of Psychology, Rutgers University Take charge of your life once and for all with this proven program for ending the blame habit "Who's to blame?" Is this your first thought when something goes wrong? Do you find yourself trapped in a web of finger-pointing, criticism, and fault-finding when there's a problem? Or does fear of blame or criticism paralyze you into inaction? Bestselling author and therapist William Knaus shows you how to overcome the self-destructive tendency to blame and achieve a more rewarding and happier life. Here, you'll learn valuable steps to increase your ability to resolve conflicts, improve your self-confidence, and avoid damaging "blame traps" that can frustrate personal and professional fulfillment. Take Charge Now! provides you with the necessary skills to recognize potential blame situations and defuse them with confidence. You'll also learn to build stronger relationships as you discover how to understand other points of view while standing up for your own. Packed with imaginative ideas and thought-provoking exercises, Take Charge Now! presents a vital program for improving your life

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