



## Take Charge of Your Life: How to Get What You Need with Choice-Theory Psychology

By William Glasser MD

iUniverse, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. 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...



## Reviews

This is basically the greatest pdf i have got go through right up until now. It normally fails to cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Genoveva Langworth

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.

-- Mr. Lee Simonis PhD

## Relevant PDFs



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



Barabbas Goes Free: The Story of the Release of Barabbas Matthew 27:15-26, Mark 15:6-15, Luke 23:13-25, and John 18:20 for Children

Paperback. Book Condition: New.



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition

Parent-Wise Solutions, 2012. Paperback. Book Condition: New. BRAND NEW, Perfect Shape, No Black Remainder Mark,Fast Shipping With Online Tracking, International Orders shipped Global Priority Air Mail, All orders handled with care and shipped promptly in secure packaging, we ship Mon-Sat and send...



Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...