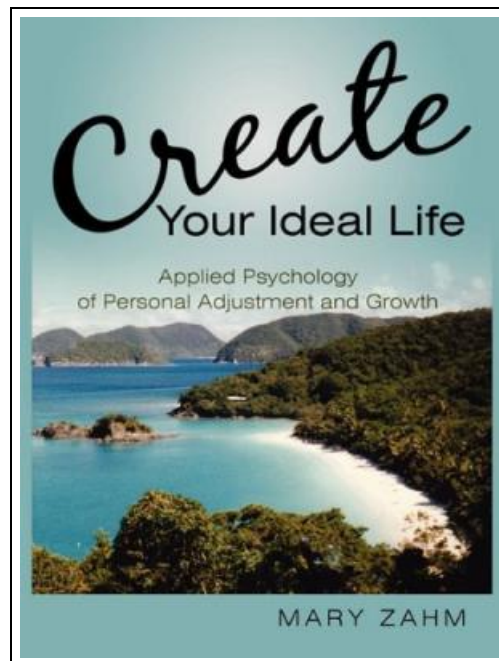


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AUTHORHOUSE, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Some pursue happiness - Others create it! - Anonymous The chief purpose of Create Your Ideal Life is to empower you to proactively (intentionally and consciously) and continually create your ideal life in a joyful and balanced fashion by following the holistic (emphasizing the importance of the whole and the interdependence of its parts) Life Creation Process described in it. Following the Life Creation Process will help you to gain the level of self-understanding required to optimize the quality of your life and achieve personal growth. As you read this book, you will be introduced to the key concepts of applied psychology of personal adjustment and growth. The term applied indicates that the material provided is practical and that you can readily use the concepts provided to create and control your self and your life. The words psychology of personal adjustment indicate that one focus of the book is upon . . the individual s response to the physical, psychological, and social demands of the self, other people, and the environment (Napoli, Kilbridge Tebbs, 1996, p. 4). The words psychology of personal growth indicate that another focus is upon . . the process by which the individual changes his or her thoughts, feelings, or behaviors regarding the self, others, or the environment (Napoli and others, 1996, p. 4). Additionally, you will learn effective strategies for exploring life choices and making decisions, managing life changes, changing self-defeating beliefs and habits, coping effectively with stress, and developing effective interpersonal relationships. You will also discover the important role that essential beliefs and core values play in the decision-making process and the problems that can arise out of value conflicts. I have provided true stories from my...



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