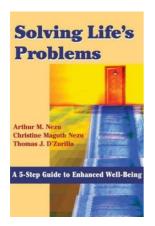
Find Book

SOLVING LIFE S PROBLEMS: A 5-STEP GUIDE TO ENHANCED WELL-BEING



Springer Publishing Co Inc, United States, 2006. Paperback. Book Condition: New. 226 x 150 mm. Language: English. Brand New Book ****** Print on Demand ******. In five simple steps, renowned experts Arthur Nezu, Christine Maguth Nezu, and Thomas D Zurilla, present a new innovative method to solving life s problems. The new ADAPT method includes 5 easy steps, and 5 easy ways - Attitude: Enhancing Your Problem-Solving Capacity; Defining Your Problem and Setting Realistic Goals; Being Creative and Generating Alternative...

Download PDF Solving Life s Problems: A 5-step Guide to Enhanced Well-being

- Authored by Arthur M. Nezu, Thomas J. D Zurilla
- Released at 2006



Filesize: 6.04 MB

Reviews

This book is definitely worth acquiring. It normally will not cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Leonard Beahan DVM

Very helpful to all of category of people. It really is full of knowledge and wisdom I am quickly can get a satisfaction of reading through a written ebook.

-- Ms. Maude Heller Sr.

Here is the best publication i have got go through until now. It is actually writter in simple phrases and never hard to understand. I realized this publication from my dad and i suggested this ebook to find out.

-- Lorena White