



Tools (abridged edition)

By Phil Stutz, Barry Michels

Running Press. Hardback. Book Condition: new. BRAND NEW, Tools (abridged edition), Phil Stutz, Barry Michels, In this abridgment of their bestselling book, Phil Stutz and Barry Michels present a uniquely effective set of five tools that will help to bring about bold and dramatic change in your life. These transformative techniques will teach you how to get unstuck, control anger, express yourself, defeat anxiety, and find discipline.



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