Apo Prigkipas Vatrahos . Kai Toumpalin (Prince to Frog-Greek Edition): Applied Psychological Techniques to Change Yourself - Or Others



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Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

APO PRIGKIPAS VATRAHOS. KAI TOUMPALIN (PRINCE TO FROG-GREEK EDITION): APPLIED PSYCHOLOGICAL TECHNIQUES TO CHANGE YOURSELF - OR OTHERS



Angelos Rodafinos, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: Greek . Brand New Book ***** Print on Demand *****. We are all born beautiful babies, adorned by parents and friends, with potential to become real princes. However, at some stage, around 30 - for some later, for others even earlier- most of us, instead of would-be princes, we become frogs, as a result of the bad habits (poor nutrition, maladaptive thinking, bad companies, etc.) that we adopt along the way, and so on. How can one revert to being a prince once again? One solution is to wait for the kiss of the princess. The other is to read this book. -Would you like to stop smoking or drinking? -Do you have a weight problem, would you like to improve your diet? -Do you find it difficult to adhere to your exercise/fitness schedule? -Do you wish to get over a past relationship? -Do you bite your fingernails? -Do you watch too much Electronic Income Reducer (TV)? -Do you wish you could study more? Complete your assignments on time? -Are you constantly late to work, school, or appointments? -Would you like to be able to get up on time? Most people would like to change one or more things in their lives. In fact, when examining their lives, very few individuals have difficulty finding an area they would like to improve. Based on the theories of learning and cognitive-behavioural psychology, the author describes goal setting and behaviour modification techniques that have been applied effectively in educational settings, fitness centres, business organizations, hospitals, mental health institutions, and prisons. This book will serve as a manual for individuals who want to change something in their lives or in the lives of people around them. If you are not happy...

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