



Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy)

By Vilhauer, Jennice

New World Library, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Jennice Vilhauer's breakthrough book turns psychotherapy on its head. Instead of focusing on regrets and worries, she moves us toward the future to achieve personal growth and well-being. In a masterstroke for positive psychology, she gives us a compelling, step-by-step method for reaching our potential." Jesse H. Wright, MD, PhD, coauthor of *Breaking Free from Depression and Learning Cognitive-Behavior Therapy* "If you feel stuck or find yourself struggling to meet your goals, this may be the most important book you will ever buy." Marissa Burgoyne, PsyD, psychologist, Pepperdine University "A breakthrough direction in psychotherapy. This book revives the promise of advancing one's quality of life by actively working toward a better future." Waguih William IsHak, MD, clinical professor of psychiatry, David Geffen School of Medicine, UCLA "Jennice Vilhauer has created a reader-friendly guide, loaded with powerful exercises and grounded in clinical expertise, to help readers develop skills that will steadily manifest more authenticity and fulfillment in their lives. A welcome gift." Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*.



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