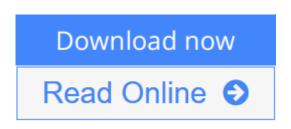


Take Charge of your Life: How to Get What you Need With Choice Theory Psychology

By Md William Glasser



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Are you seeking a happier and more satisfying life? In Take Charge of Your Life, author Dr. William Glasser details the choice theory-a science of human behaviors and principles for regaining and maintaining internal control-and the role it can play in helping you regain your personal freedom and choice. Take Charge of Your Life, a revision of his 1984 book, Control Theory, includes choice-theory applications. He explains choice theory using personal examples and illustrative stories that allow you to learn how to improve your relationships and take charge of your actions. Topics include marital and relationship problems, parenthood, alcoholism, diseases, and psychosomatic disorders. For each situation discussed, Glasser ties behavior to the pictures of what people want in their heads. He explains how the pictures got there and how people can choose new behaviors to get what they really want. In Take Charge of Your Life, Glasser offers a real model of empowerment. He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations.

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Take Charge of your Life: How to Get What you Need With Choice Theory Psychology By Md William Glasser Bibliography

- Sales Rank: #878766 in Books
- Published on: 2011-09-19
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .63" w x 5.50" l, .75 pounds
- Binding: Paperback
- 252 pages

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Editorial Review

About the Author Involved with William Glasser Institute since 2003, currently as Instructor.

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From reader reviews:

Michael Naylor:

In this 21st hundred years, people become competitive in each and every way. By being competitive at this point, people have do something to make them survives, being in the middle of the actual crowded place and notice by surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yeah, by reading a reserve your ability to survive increase then having chance to remain than other is high. For yourself who want to start reading any book, we give you this particular Take Charge of your Life: How to Get What you Need With Choice Theory Psychology book as beginning and daily reading e-book. Why, because this book is usually more than just a book.

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Lillie Rose:

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