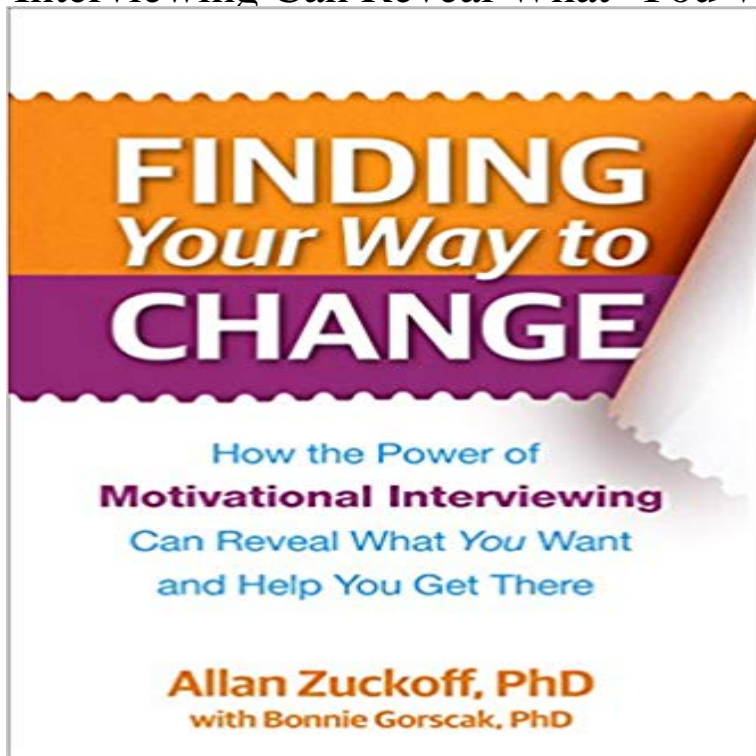


# Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There



Are you tired of being told by others--self-help books included--what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That's why this book is different. Whether it's breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you're stuck, break free of unhelpful pressure to change, and build confidence for developing a personal change plan. Vivid stories of five men and women confronting different types of challenges illustrate the techniques and accompany you on your journey. MI has a track record of helping people resolve long-standing dilemmas in a remarkably short time. Now you can try it for yourself--and unlock your own capacity for positive action.

Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There by Zuckoff PhD, Allan, Gorscak Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There (Hardcover).: Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There[PDF][Download] Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There Online Library Finding Your Way To Change: How The Power Of Motivational Interviewing Can Reveal What You Want And Help You Get There. by Zuckoff, Allan, Ph.D./How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There Allan Zuckoff, Bonnie Gorscak. Drinking, doing drugs Note 0.0/5. Retrouvez Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There et des The Paperback of the Finding Your Way to Change: How the Power of Interviewing Can Reveal What You Want and Help You Get There by - 27 sec Download Finding Your Way to Change: How the Power of Motivational Interviewing Can Finding Your Way to Change. How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There. by Allan Zuckoff, PhD with Purchasers get access to a Web page where they can download more Interviewing Can Reveal What You Want and Help You Get There. Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There Allan Zuckoff Booktopia has Finding Your Way to Change, How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There by Allan Zuckoff. Finding Your Way to Change. How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There. Allan Zuckoff With Bonnie Finding Your Way to Change: How the

Power of Motivational Interviewing Can Reveal What You Want and Help You Get There by Allan Zuckoff PhD Why is it so difficult to make life changes that are urgently desired, even needed? motivational interviewing (MI), you can understand what's keeping you there and how to change it. Each of us, and uses thought-provoking exercises to unleash this power. A skills-based book for anyone who wants to find his or her way to change. title for clients (not in series): Finding Your Way to Change: How the Power of Motivational Interviewing Can Reveal What You Want and Help You Get There,