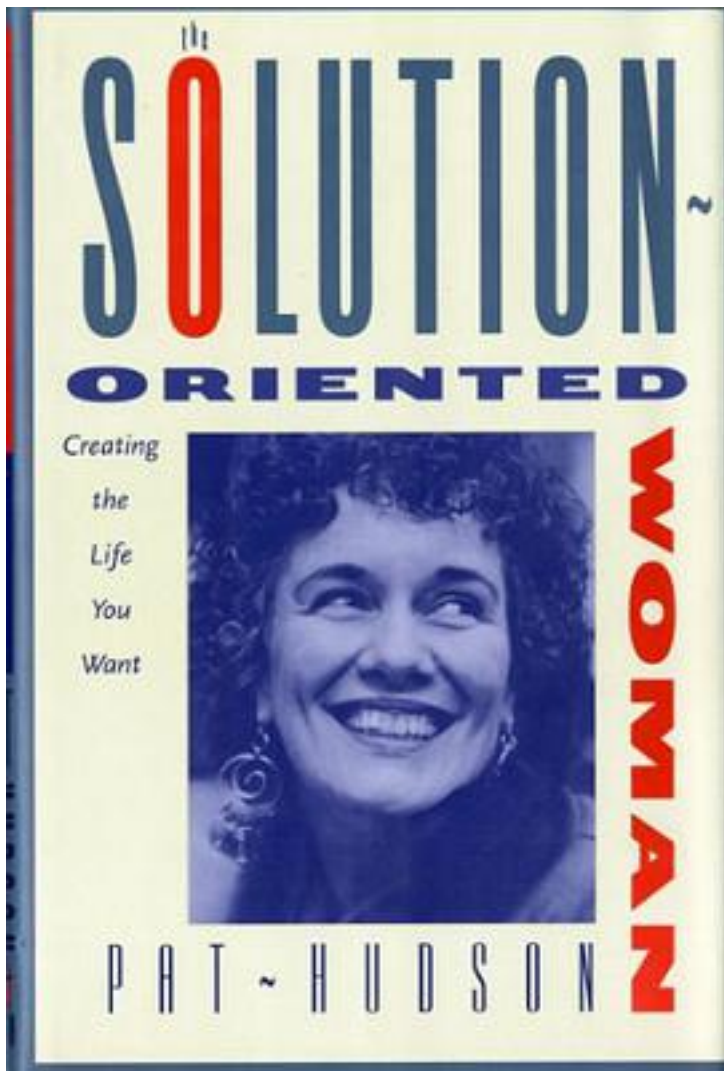


Solution-oriented Woman



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著者:Hudson, Patricia O'Hanlon

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An experienced psychologist and counsellor, Pat Hudson presents to women the four essential solutions needed to create the lives they want to lead. The solutions are, first, the "thinking solution", which focuses on the questions women ask themselves about problems, and the stories they construct around them, aiming to help identify ways to alter these stories and construct new ones. The "action solution" operates from the assumption that the way to change women's lives is to change what they do, and change their normal patterns with others. The "dreaming solution" teaches how to engage the unconscious mind in change. The "feeling solution" involves creating a ritual to leave the past behind and embrace the future. The author shows how to apply these solutions to the main aspects of a woman's life, and also covers other, more difficult challenges, such as recovering and escaping from violations and violence.

作者介绍:

目录:

[Solution-oriented Woman_ 下载链接1](#)

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