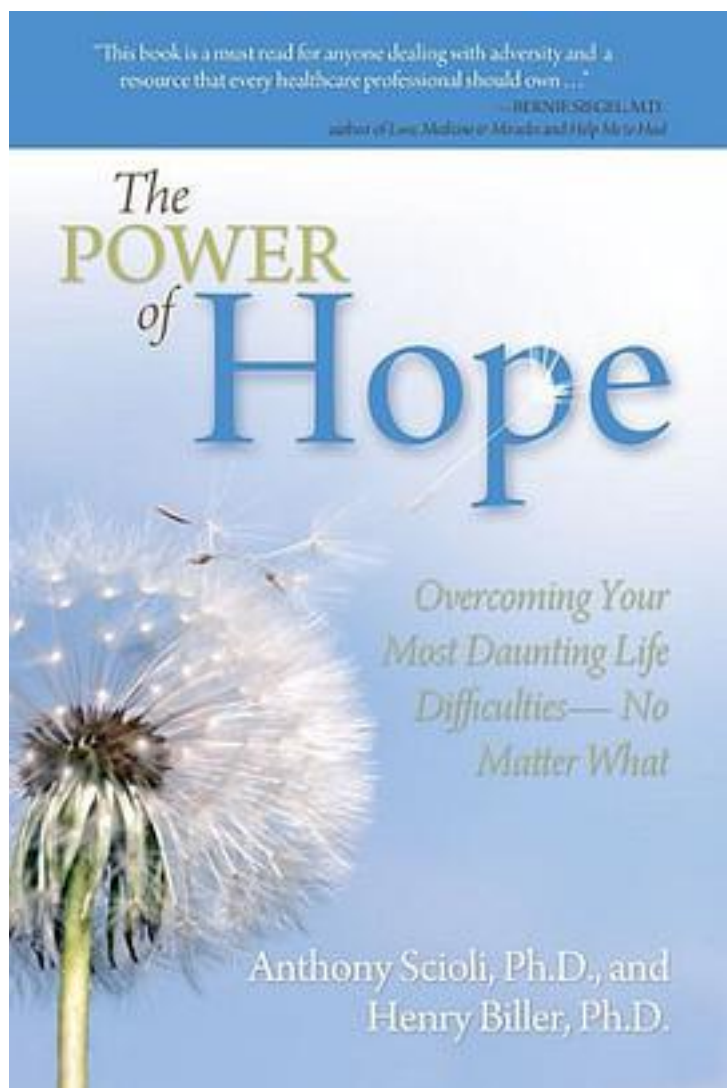


The Power of Hope



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The must-read inspirational book of the year designed to combat a global "hope shortage." Following in the footsteps of successful inspirational books like "The Power of Positive Thinking" and "The Purpose Driven Life" comes "the" definitive guide for understanding, developing, and strengthening our most important emotion: Hope. The timing couldn't be better. In this engaging self-help "tour de force" authors Anthony Scioli, Ph.D., and Henry Biller, Ph.D., two renowned clinical psychologists, offer thought-provoking insights, compelling case studies, and practical "hope" exercises rooted in spirituality, religion, psychology, and philosophy, as well as their own personal stories of resilience. The result: a deeper assimilation of hope in daily life. In "The Power of Hope," readers will encounter: UL LI Strategies for overcoming nine kinds of hopelessness as well as for combating depression and suicide LI Advice on utilizing hope to manage the "day-to-day" -from work and relationships to serious illness, grief, or loss LI Ways in which hope can impact overall health, exercise, and diet LI Hope self-assessments, including a hope provider and spiritual intelligence scale /LI/UL Whether one is dealing with a serious health issue, a traumatic past, or just trying to thrive in a time of political and economic unrest, hope is the key to fostering success, love, and survival. "The Power of Hope" will inspire readers with renewed faith and possibility. "This book is a must read for anyone dealing with adversity and a resource that every healthcare professional should own." -Bernie Siegel, M.D., author of "Love, Medicine and Miracles" and "Help Me to Heal"

作者介绍:

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