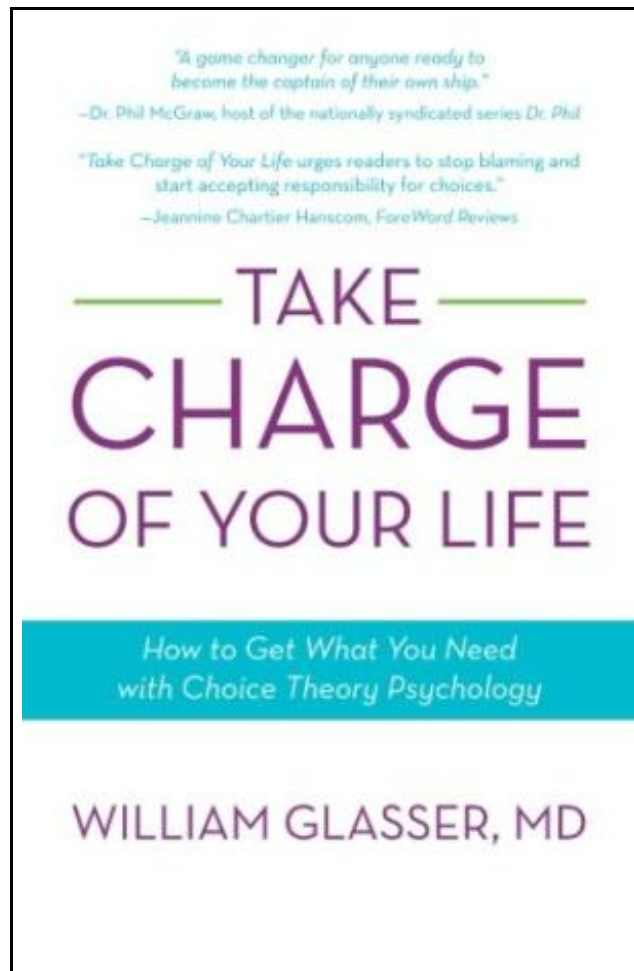


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TAKE CHARGE OF YOUR LIFE: HOW TO GET WHAT YOU NEED WITH CHOICE-THEORY PSYCHOLOGY



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iUniverse, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you seeking a happier and more satisfying life? In *Take Charge of Your Life*, author Dr. William Glasser explains choice theory--a science of human behavior and principles for regaining and maintaining a life you control--and how it can help you find personal freedom from relationship-destroying external control. *Take Charge of Your Life*, a revision of his 1984 book *Control Theory*, explains choice theory using personalized 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, addictions, pain management, and psychosomatic disorders. For each situation, Dr. Glasser ties behavior to the pictures people create in their minds of what they want. 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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