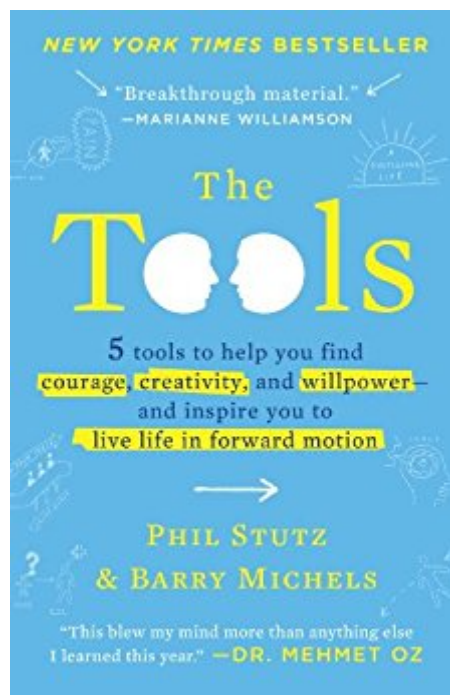




The book was found

The Tools: 5 Tools To Help You Find Courage, Creativity, And Willpower--and Inspire You To Live Life In Forward Motion



Synopsis

NEW YORK TIMES BESTSELLER — A groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change—as seen on Goop and The Dr. Oz Show — Change can begin right now. The Tools is a dynamic, results-oriented practice that defies the traditional approach to therapy. Instead of focusing on the past, this groundbreaking method aims to deliver relief from persistent problems and restore control—and hope—to users right away. Every day presents challenges—big and small—that the tools transform into opportunities to bring about bold and dramatic change in your life. These transformative techniques will teach you how to GET UNSTUCK: Master the things you are avoiding and live in forward motion. CONTROL ANGER: Free yourself from out-of-control rage and never-ending grudges. EXPRESS YOURSELF: Learn the secret of true confidence and find your authentic voice. COMBAT ANXIETY: Stop obsessive worrying and negative thinking. FIND DISCIPLINE: Activate willpower and make the most of every minute. — For years, Phil Stutz and Barry Michels taught these tools to an exclusive patient base of high-powered executives and creative types. Now their revolutionary practice is available to anyone interested in realizing the full range of their potential. Stutz and Michels want to make your life exceptional—in its resiliency, its productivity, and its experience of real happiness. — Praise for The Tools — “This blew my mind more than anything else I’ve learned this year.” —Dr. Mehmet Oz — “Breakthrough material that ignites your own capacity to transform your life.” —Marianne Williamson — “A rapid and streamlined method of self-improvement.” —Publishers Weekly (starred review) — “An open secret in Hollywood . . . [Stutz and Michels] have developed a program designed to access the creative power of the unconscious.” —The New Yorker — “These tools are emotional game changers. They do nothing less than deliver you to your best and most powerful self.” —Kathy Freston, author of Quantum Wellness — “Intensely gratifying.” —SelfFrom the Trade Paperback edition.

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Customer Reviews

I wish I could recommend this book more highly, as there are many good (though hardly groundbreaking) concepts herein. That which bothered me most, I suppose, about the book was the arrogance of the main writer. Having been raised as an atheist, he came around to spirituality, through dint of intellectual conviction, and based on his (and his co-author's) experiences -- you should, too! Some of us have been on a spiritual path for decades and have genuinely wrestled with many concepts on the way in complex fashion. Not so much this author. His newfound spirituality has allotted self-appointed guru status, apparently, and he repeatedly demeans others (including, potentially, you, the reader) as 'spiritually immature,' or somehow spiritually wrong or ignorant. Someone who has truly reckoned with self and others would never use this sort of terminology to create a spiritual hierarchy much less posit himself as the authority. As much as he later demeans other religious authorities, he is doing exactly that which he decries in others. I found it dismaying. There are comments such as "We (the authors) will only be satisfied" if you (the reader) do X,Y,Z. Again, this is guru talk: why should we the reader be incorporating concepts to satisfy the writers? This part is a minor quibble: the demeaning language is not. If the reader objects to certain imagery (my deathbed figure screaming at me? No thank you), it is only due to our presumed defects. We are counseled to use the 'tools' in our life for magical results, BUT if those magical results are not forthcoming, guess whose fault it is? You, the dear, spiritually immature reader for looking for results in the first place. There are dire warnings towards the end, as to what might

happen if you do not incorporate ALL the tools into your life with more authoritarian language. If you do incorporate the tools, exactly as written, you are a [positive compliment], if you do not, you are a [negative epithet]. Also, there is an assumption that all of you (stupid) readers will wish to discard the book, once written, because you are lazy creatures of habit. Some of us incorporated the 'tools' the entire way through and the assumptions made as to the reading public en masse were unhelpful and insulting. Finally, real-life examples from writers can always be elucidating and helpful: these men however posit fairly pedestrian examples from their own lives as though they were illuminated scenarios from beyond (one of the authors was no longer intimidated by a friend of his, for example) but instead of suggesting that the reader find similar examples in his/her own life, we are supposed to be sufficiently moved by the author's description to use the tool. Again, this is a sort of stunning arrogance: the authors universalise a fairly specific (white, male, upper-middle class) life experience and assume we will be inspired therefrom rather than encouraging us to take a personal view. I'm sorry about this as some of these tools are illuminating (the reader is not allowed to pick and choose which ones might be intuitively right, however: we are exhorted to use them all for the rest of our lives -- or be lost forever!); and some are presented in a new and unique light. The tools can be useful. The patronising attitude towards the reader is not.

This is a great book to assist you address challenges you otherwise would have loss sleep over it. I recommend it.

Brilliant. Excellent tools that work well and are easy to apply. This is a book I will keep as a good reference, rather than just a book I'll read once and never look again.

This book is set up in a way that allows the reader to participate in something greater than his/herself. Truly inspirational and full of encouragement. If your read this book and feel helpless than something is seriously wrong. The tools in this book are the keys to our human potential and happiness. A little bit goes a long way. All around great book with relatable content and exercises. :)

Solid advice, easy to read, had some examples that I think are fairly universally relatable which helps convey the message of the tools. Useful.

I first encountered this book in an audio version when I was on a flight, I believe I was going to London, and I absolutely fell in love with it. I didn't have a notepad to take notes on the flight or time

to finish the book, so I bought it just recently, and it has some great advice in here! I definitely will commit myself to using these tools long term, they've worked out for the best so far!

Incredible help for a family member. Would strongly encourage the purchase for a friend or loved one who suffers from depression.

Everyone should read this book, even if you decide not to practice the tools, it gives good insights to the thinking patterns we and/or loved ones have.

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