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the tools 5 tools to help you find courage creativity and willpower and inspire you to live life in forward motion stutz phil michels barry on amazon com free shipping on qualifying offers phil stutz is the creator of the tools with his coauthor barry michels he wrote the new york times bestseller the tools and its sequel coming alive phil graduated from city college in new york received his md from new york university and did his psychiatric training at metropolitan hospital the traditional therapeutic model sets its sights on the past but phil stutz and barry michels employ an arsenal of techniques the tools that allow patients to use their problems as levers that access the power of the unconscious and propel them into action the tools are quick practices that you can use in the moment to deal with the most common problems we all encounter tools for procrastination tools for insecurity tools for addiction tools for victim mentality tools for loss letting go tools for conflict tools for overthinking tools for self sabotage tools for fear the tools are a dynamic results oriented set of practices that can free you from suffering and unleash your full potential the black sun develop the strength to resist indulgences and addictions and strengthen your life force try it now the mother develop resilience and a sense of hopefulness in the face of life s inevitable setbacks what are the tools 1 reversal of desire a way to overcome avoidance of painful or difficult situations 2 active love a way to quell anger prevent yourself perseverating on injustice or prepare yourself for confronting a difficult person 3 inner authority a way to overcome your insecurities and communicate from the heart 4 english 271 p 22 cm a groundbreaking book about personal growth that presents a uniquely effective set of four tools that bring about dynamic change in the present and impart a greater understanding of the depth and complexity of the human condition over the long term the tools 5 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