

# On Becoming A Person Rogers

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**On Becoming a Person** Carl Ransom Rogers 1995 Collection of essays by American psychotherapist Carl Rogers written between 1951 and 1961, in which he put forth his ideas about self-esteem, flexibility, respect for self, and acceptance of others.

**On Becoming a Person** Carl Ransom Rogers 1961 Abstract: A psychotherapist's clinical dealings with personal counseling and interpersonal relationships, from a context of personal experience and learning, is reviewed in a collection of papers designed for professionals in many disciplines. Understanding of person-centered concepts such as self-actualization, individual growth, and personal goals, may lead to lessening of tensions in human relations. The therapeutic relationship facilitates the process of growth and change in a client. Characteristics of helping relationships are described. The therapist expresses his view of how a fully functioning person behaves. Research in client-centered psychotherapy is discussed. Psychotherapy has potential implications for education, interpersonal communication, family life, and personal creativity. Behavioral sciences should play a constructive role in personal development.

**The Therapeutic Relationship and Its Impact** Carl Ransom Rogers 1976

**Client-centered Therapy** Carl R. Rogers 2003-07 Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

*Coach the Person, Not the Problem* Marcia Reynolds 2020-06-02 From a founding member of the coaching movement comes a detailed guide to mastering one of a coach's toughest skills: thoughtfully reflecting clients' words and expressions back to them so they see themselves and their world through new eyes. "Coaches rely far too much on asking open-ended questions," says Marcia Reynolds. But questions only seek answers—inquiry provides insight. When, instead of just questions, clients hear their thoughts, opinions, and beliefs spoken by someone else, it prompts them to critically consider how their thinking affects their goals. Reynolds cites the latest brain science to show why reflective inquiry works and provides techniques, tips, and structures for creating breakthrough conversations. This book will free coaches from the cult of asking the magical question by offering five essential practices of

reflective inquiry: focus on the person, not the problem; summarize what is heard and expressed; identify underlying beliefs and assumptions; unwrap the desired outcome; and articulate insights and commitments. Using these practices, combined with a respectful and caring presence, helps create a space where clients feel safe, seen, and valued for who they are. Coaches become change agents who actively recharge the human spirit. And clients naturally dive deeper and develop personalized solutions that may surprise even the coach.

*On Becoming a Person* Carl R. Rogers 1996 The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

Carl Rogers Dialogues Carl Ransom Rogers 1990 Offers a brief profile of Rogers, and shares his discussions with theologians and psychologists issues in psychotherapy

*On Becoming A Person* Carl Rogers 2012-11-27 The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

On Becoming a Teacher Edmund M. Kearney 2013-11-19 Students deserve great teachers and learning to become a great teacher is a lifelong journey. *On Becoming a Teacher* guides both the new and experienced teacher through the exhilarating process of learning to educate students in a way that makes a lasting impact on their lives. Dr. Kearney leads the reader through the process of understanding what lies at the foundation of great teaching, loading each essay with ready-for-classroom use applications and challenging ideas. This book is designed to encourage the reader to think deeply about all aspects of education, while instilling, or rekindling, the excitement, enthusiasm, and teaching excellence shared by all great teachers. Written in conversational essay form and supplemented with discussion and reflection questions, this brief book would make an ideal classroom text for student teaching and education seminars. Whether you aspire to teaching excellence at the elementary school, middle school, high school, or collegiate level, *On Becoming a Teacher* is a must read. Author Bio: Edmund M. Kearney, Ph.D. is Professor of Psychology at Lewis University. Dr. Kearney has won numerous teaching awards over the past 20 years, including being named the "Teacher of the Year" at the Chicago School of Professional Psychology, the Lasallian Educator of the Year for teaching excellence at Lewis University, and the St. Miguel Febres Cordero Award winner for excellence in scholarship at Lewis University. Dr.

Kearney's specialty areas in psychology include cognition, special education, child and adolescent assessment, and the scholarship of teaching and learning.

[Encyclopedia of Personality and Individual Differences](#) Virgil Zeigler-Hill 2017-11-30 This Encyclopedia provides a comprehensive overview of individual differences within the domain of personality, with major sub-topics including assessment and research design, taxonomy, biological factors, evolutionary evidence, motivation, cognition and emotion, as well as gender differences, cultural considerations, and personality disorders. It is an up-to-date reference for this increasingly important area and a key resource for those who study intelligence, personality, motivation, aptitude and their variations within members of a group.

**Carl Rogers on Personal Power** Carl Ransom Rogers 1978 To anyone interested in psychology or sociology or politics or morality, Rogers will give a new dimension of awareness. The Month

[The Effective Teacher](#) John Elliott-Kemp 1982

*On Becoming a Person* Carl R. Rogers 1989

**Healing: Human and Divine** Simon Doniger 2005

**Becoming a Person** Carl Rogers 2015-08-27 2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his shorter works would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

**A Way of Being** Carl Ransom Rogers 1995 Written by the founder of humanistic psychology, Rogers traces his personal and professional life from the 1960s to the 1980s, and offers new insights into client-centered therapy.

*Learning and Being in Person-centred Counselling* Tony Merry 2002 In the second edition of this hugely popular book, Tony Merry reorganised and updated the text to include the latest initiatives in the world of counselling and psychotherapy. It offers in-depth discussion of all aspects of person-centred counselling from its origins to current developments in theory and practice.

*Carl Rogers' Helping System* Godfrey T Barrett-Lennard 1998-11-20 `This book is a monumental achievement, and person-centred practitioners will be indebted to Goff Barrett-Lennard for many years to come. He has written not only a definitive study of the history of person-centred approach - what he calls a report of the "evolutionary course of a human science" - but also an accompanying commentary which is unfailingly enlightening, sometimes provocative and occasional lyrical' - Brian Thorne, Emeritus Professor of

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Counselling, University of East Anglia and Co-Founder, Norwich Centre `I highly recommend this book as a reference source of major import, as bibliography, as history as art, and as a complex discussion of questions that plague the person-centred practitioner and the client-centred therapist' - The Person-Centered Journal `If you only ever buy one book about the Person-Centred Approach, other than those written by Rogers himself, this is the one. It is a staggering achievement by one of the most knowledgeable writers in the field' - PCP Reviews `This book is a gem, and should have wide appeal. It is an excellent introduction to person-centred psychology, written in accessible style, and it takes the reader beyond the simplicity often confused with naivety Goff Barrett-Lennard reveals a sophisticated complexity that challenges us to view the "person" with fresh eyes and an open mind' - Tony Merry, University of East London `I strongly recommend this book as a sophisticated treatment of the client-or person-centred approach to therapy and its applications to areas outside therapy. It is also a useful overview of research on all aspects of person-centred ideas' - Psychotherapy Research `This book... is not a single "meal" in itself but a positive "larder" containing every imaginable staple food and condiment all exquisitely and thoroughly researched. The book took Godfrey T Barrett-Lennard 20 years to write and it will stand as a reference text for person-centred specialists for longer than that... an essential reference text... and a pantry full of delicious surprises' - Counselling and Psychotherapy, The Journal of the British Association for Counselling and Psychotherapy `Probably the most important piece of work on the person-centred approach to have emerged in recent years... an essential source of reference for anyone with a serious interest in the person-centred approach' - Counselling News Written by an ex-student and long-time colleague of Carl Rogers, this in-depth and challenging book charts the development of person-centred therapy from its origins through to the present day. Godfrey T Barrett-Lennard traces the central concepts and key figures within the movement, set against the contemporary historical, social and political context. As an integrated overview of the person-centred approach, Carl Rogers' Helping System presents a wealth of fascinating ideas and information which is linked to a fresh, incisive account of the unfolding theory, process and research.

Significant Aspects of Client-Centered Therapy Carl Rogers 2013-03-14 Psychology Classics: Significant Aspects of Client-Centered Therapy Widely regarded as one of the most influential psychologists of all time, Carl Rogers was a towering figure within the humanistic movement towards person centered theory and non-directive psychotherapy. Originally published in 1946 his classic article Significant Aspects of Client-Centered Therapy is essential reading for anybody interested in psychotherapy and counseling. In this landmark publication Carl Rogers outlines the origins of client-centered therapy, the process of client-centered therapy, the discovery and capacity of the client and the client-centered nature of the therapeutic relationship. Bonus Material: Significant Aspects of Client-Centered Therapy builds upon some of Carl Rogers' previously published work. Among the most notable of these earlier works were The Processes of Therapy and The Development of Insight in A Counseling Relationship; both of which are also presented in full. Significant Aspects of Client-Centered Therapy has been produced as part of an initiative by the website All About Psychology to make important psychology publications widely available. [www.all-about-psychology.com](http://www.all-about-psychology.com)

**Person-Centred Therapy** Keith Tudor 2006-09-27 The person-centred approach is one of the most popular, enduring and respected approaches to psychotherapy and counselling. Person-Centred Therapy returns to its original formulations to define it as radically different from other self-oriented therapies. Keith Tudor and Mike Worrall draw on a wealth of

experience as practitioners, a deep knowledge of the approach and its history, and a broad and inclusive awareness of other approaches. This significant contribution to the advancement of person-centred therapy: Examines the roots of person-centred thinking in existential, phenomenological and organismic philosophy. Locates the approach in the context of other approaches to psychotherapy and counselling. Shows how recent research in areas such as neuroscience support the philosophical premises of person-centred therapy. Challenges person-centred therapists to examine their practice in the light of the history and philosophical principles of the approach. Person-Centred Therapy offers new and exciting perspectives on the process and practice of therapy, and will encourage person-centred practitioners to think about their work in deeper and more sophisticated ways.

*On Becoming a Person* Carl Ransom Rogers 1961 Examines the process of personal growth exploring the relevance of psychotherapy and behavioral science for mature interpersonal relationships

**Person to Person. The Problem of Being Human** Carl Ransom Rogers 1967

**Becoming Partners** Carl R. Rogers 1973 An exploration and discussion of the relationship between man and woman. Couples talk about the intimate details of their relationship and express their innermost feelings. Carl Rogers is the innovator of client-centred therapy. In this book he takes an objective position.

**Psychology and the Human Dilemma** Rollo May 1996 Selected essays on such topics as freedom, responsibility, anxiety, and psychotherapy probe the problems faced by contemporary man

**50 Psychology Classics** Tom Butler-Bowdon 2010-12-07 Explore the key wisdom and figures of psychology's development over 50 books, hundreds of ideas, and a century of time.

*Person-Centred Counselling in Action* Dave Mearns 1999-09-13 'The discussion of empathy, acceptance and congruence is central and should be required reading for all trainees working to understand the richness of these core concepts... outstanding' - Counselling, The Journal of the British Association for Counselling Widely regarded as a classic text, Person-Centred Counselling in Action has now been revised and updated to take account of recent developments in theory and practice. This bestselling exploration of one of the most popular approaches in counselling today is invaluable for students and experienced counsellors alike. The authors explore the philosophical base to the approach originated by Carl Rogers and stress the considerable persona

**On Becoming Carl Rogers** Howard Kirschenbaum 1979

The Martin Buber - Carl Rogers Dialogue Martin Buber 1997-08-14 A corrected and extensively annotated version of the sole meeting between two of the most important figures in twentieth-century intellectual life.

*The Extended Mind* Richard Menary 2010 Leading scholars respond to the famous proposition by Andy Clark and David Chalmers that cognition and mind are not located

exclusively in the head.

**The Carl Rogers Reader** Carl Ransom Rogers 1989 Selected from a body of Rogers' work, essays deal with his approach to psychotherapy, theory and research, and philosophies.

*Should You Leave?* Peter D. Kramer 2013-07-23 In his phenomenal bestseller *Listening to Prozac*, Peter Kramer explored the makeup of the modern self. Now, in his superbly written new book, he focuses his intelligent, compassionate eye on the complexities of partnerships and why intimacy is so difficult for us. With the art of a novelist and the skill of a brilliant psychiatrist, Kramer addresses advice seekers struggling with such complex questions as: How do we choose our partners? How well do we know them? How do mood states affect our assessment of them and theirs of us? What does "working on a relationship" truly entail? When should we try to improve a relationship, and when should we leave? Equally at home with Shakespeare, Emerson, and Kierkegaard as it is with Freud and Jung, *Should You Leave?* is a literary tour de force from a uniquely insightful observer and a profoundly resonant and helpful approach to resolving dilemmas of the heart.

**Schopenhauer's Porcupines** Deborah Anna Luepnitz 2008-08-04 The classic compilation of psychological case studies from a master clinician and lyrical writer Each generation of therapists can boast of only a few writers like Deborah Luepnitz, whose sympathy and wit shine in her fine, luminous prose. In *Schopenhauer's Porcupines*, she recounts five true stories from her practice, stories of patients who range from the super-rich to the destitute, who grapple with panic attacks, psychosomatic illness, marital despair, and sexual recklessness. Intimate, original, and triumphantly funny, *Schopenhauer's Porcupines* goes further than any other book in illuminating "how talking helps."

*The Therapeutic Relationship* Petruska Clarkson 2003-11-07 This text provides coverage of the uses and abuses of the therapeutic relationship in counselling, psychology, psychotherapy and related fields. It provides a framework for integration, pluralism or deepening singularity with reference to five kinds of therapeutic relationship potentially available in every kind of counselling or psychodynamic work. The work incorporates training and supervision perspectives and examples of course design, uses in assessment and applications to group and couples as well as to organizations. Dealing with an issue of increasing complexity, the book should be of value and significance to psychotherapists, psychoanalysts, clinical and counselling psychologists and other professionals working in the field of helping human relationships such as doctors, social workers, teachers and counsellors.

**On Becoming a Person** Carl Ransom Rogers 2004

**A Therapist's View of Personal Goals** Carl Rogers 2021-08-12 2021 Reprint of the 1960 Edition. Facsimile of the original edition and not reproduced with Optical Recognition Software. In this essay, delivered as an address at Haverford College, Pennsylvania in 1959, Rogers discusses man's purpose and goal in life. In his therapeutic work Rogers sees clients take such directions as: away from facades; away from "oughts"; away from meeting expectations; away from pleasing others; toward being a process; toward being a complexity; toward openness to experience; toward acceptance of others; toward trust of self. Given a therapeutic climate of warmth, acceptance, and empathic understanding, the client moves from what he is not toward "being," toward becoming that which he inwardly and actually is.

Quoting Kierkegaard, "to be that self which one truly is." A worthy goal indeed.

**Carl Rogers** Carl R. Rogers 2002 Carl R. Rogers (1902-1987), a founder of the humanistic psychology movement, is one of the most influential American psychologists of the 20th century. His impact on education, counseling, psychotherapy, conflict resolution, and peace is unparalleled. He created a profound and fundamental shift in the fields of psychology and human relations. His deep belief that each person has worth, dignity, and the capacity for self-direction was counter to the pervading thought of his day. In order to fully understand and appreciate his impact, it is important to know what experiences shaped his life and what influences directed his thinking. Carl Rogers: The Quiet Revolutionary is a unique kind of autobiography that explores all these aspects of his life, and more, through a series of interviews. The result is a lively account in Rogers' own words of the peaks and valleys of both his professional and personal life. He describes his early life, his family, his schooling, and his intellectual development, and includes the early development of person-centered therapy, "The Therapeutic Hour" and his extensive efforts to reduce international tension through his work in northern Ireland, South Africa, and Central America ("The Peace Project").

**Choose Possibility** Sukhinder Singh Cassidy 2021-08-17 Wall Street Journal bestseller | An indispensable guide to decision-making and risk-taking for anyone who finds themselves afraid of making a wrong choice in their career. This fresh, new approach comes from one of the most highly regarded and well-respected female tech executives in Silicon Valley, who made many wrong choices in her career, but learned how to turn those down moments into successes. Life is made up of a series of choices. What do you do if one of those choices turns out poorly, especially if it was carefully considered? How do you trust your instinctive decision-making skills and make the next right choice? How do you continue to take risks when, suddenly, your risks are not working out? Sukhinder Singh Cassidy is one of the most highly regarded and well-respected female tech executives in Silicon Valley, but she'll be the first to admit that her path to success has been far from linear. She started three companies that have done exceedingly well, including theBoardlist (an organization designed to promote and place women onto corporate boards), and she just served as president of StubHub, which sold earlier this year for \$4 billion. But she's also encountered plenty of poor choices, misfires, unexpected headwinds, and all other types of pitfalls that she had to learn how to confront, analyze, navigate, and incorporate into her new path forward. From her own experience, she knows that personal success does not come from making one singular "correct" or "big" decision. Rather, long-range success comes from tackling numerous choices that are aimed to optimize future possibilities. Singh Cassidy's "seven myths of success," as well as her advice on how to make FOMO into your friend, multiply your "bets" in life, and understand why you shouldn't be blinded by "passion bias," all provide an entirely new way to approach risk-taking and achieve lasting success.

**Active Listening** Carl R. Rogers 2021-03-03 Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed

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even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it, "It takes a great deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan  
2015-05-20 Apply the major psychotherapy theories into practice with this comprehensive text Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC

features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, *Counseling and Psychotherapy Theories in Context and Practice* is an illuminating text with outstanding practical value.

**The Rubber Brain** Sue Morris 2018-07-30 Failed an exam, bungled an interview, screwed up a relationship, broken your diet, or stuffed up at work? Your brain is the key to getting back on track. Change your life for the better. Learn how to 'rubberise' your brain, making it more flexible and resilient. Deal with challenges in an optimal way, and 'bounce' back from adversity. Your brain controls your conscious thoughts and behaviours, like deciding whether to study or party, or whether to get two scoops of gelato or six. And when you find yourself doing things that you wish you hadn't done (like all that gelato), it's likely your brain has indulged in what psychological scientists call suboptimal thinking. Essentially, your brain doesn't always deliver the kind of thinking that leads to desired positive outcomes, such as maintaining supportive friendships, and doing well in your work, studies and social life. But you and your brain can do better. In this book, five leading psychological educators show you simple tools derived from solid science covering everything from positive psychology to goal setting, from mindfulness to CBT, and from emotional regulation to moral reasoning, to optimise your thinking. Using a model they have developed over years of study and application you can discover how resilience and psychological flexibility combine to allow you to choose ways of thinking in response to different situations that will produce the best outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance. Your mind will be clearer and your life better.