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## The Tools

By Phil Stutz, Barry Michels

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Tools, Phil Stutz, Barry Michels, 5 unique Tools.3 seconds each to use.A lifetime of fulfilment. Can you imagine what your life would be like if you could tap into a new source of power - one that has been inside you all along - to solve your own problems and become the master of your life? "The Tools" is an extraordinary psychological model based on the proven methods of Hollywood's greatest psychotherapists. Phil Stutz and Barry Michels have over 60 years of psychotherapeutic experience between them. Together they have helped their A-list clients work through whatever has held them back - be it insecurity, trauma, anger, lack of willpower, negativity or avoidance - to achieve their greatest work and find a deep level of fulfilment. Now, at last, the acclaimed clinicians are sharing their methods in this eye-opening and empowering book. Introducing their five simple techniques, namely The Reversal of Desire, Active Love, Inner Authority, The Grateful Flow and Jeopardy, the authors clearly explain what they are plus how and when to use them. Astonishingly effective and beautifully simple - once you've learned a tool it takes only three to five...

### Reviews

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