



Solving Life's Problems: A 5-step Guide to Enhanced Well-being (Paperback)

By Arthur M. Nezu, Thomas J. D'Zurilla

Springer Publishing Co Inc, United States, 2006. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In five simple steps, renowned experts Arthur Nezu, Christine Maguth Nezu, and Thomas D'Zurilla, present a new innovative method to solving life's problems. The new ADAPT method includes 5 easy steps, and 5 easy ways - Attitude: Enhancing Your Problem-Solving Capacity; Defining Your Problem and Setting Realistic Goals; Being Creative and Generating Alternative Solutions; Predicting the Consequences and Developing a Solution Plan; and Trying Out Your Solution and Determining if it Works.

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