



Don't Wait For Your Ship to Come In...Swim Out to Meet It: Tools and Techniques for Positive Lasting Change

Gary Wood

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For those battle-scarred veterans of self-help books, psychologist Dr Gary Wood has answers that actually work. He argues that for real changes in the life of real people we need real psychology. In *Don't Wait for Your Ship to Come In, Swim Out to Meet It*, he presents an end to 'yo-yo self helping'. This is a complete step-by-step program for personal development, based on the life-coaching techniques and evidence-based psychology that have made him immensely popular on British radio, TV and magazines. Written in his trademark, fun, conversational Dr Wood offers a wealth of tools and techniques for positive lasting change illustrated with exercises, quizzes and anecdotes. It covers everything from relaxation, to self-talk, to creative visualization, to goal setting. It also contains tools for enhancing anyone's creative capacity for change and overcoming self-sabotage. Throughout, the book focuses on personal strengths and solutions and contains tools for conducting a complete life review. Dr Gary Wood offers the challenge 'It's your life so take it personally'. This comprehensive, practical guide is a must for anyone who is truly serious about personal growth, empowerment and change.

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