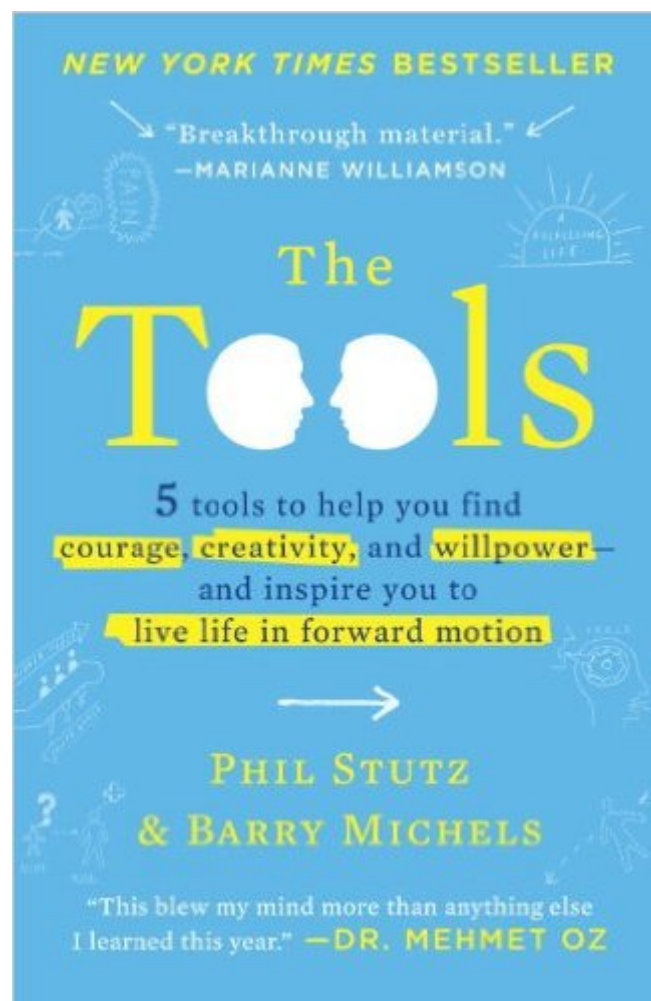


The book was found

The Tools: 5 Tools To Help You Find Courage, Creativity, And Willpower--and Inspire You To Live Life In Forward Motion



Synopsis

NEW YORK TIMES BESTSELLER • A groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change—as seen on *Goop* and *The Dr. Oz Show* • Change can begin right now. • The Tools is a dynamic, results-oriented practice that defies the traditional approach to therapy. Instead of focusing on the past, this groundbreaking method aims to deliver relief from persistent problems and restore control—and hope—to users right away. Every day presents challenges—big and small—that the tools transform into opportunities to bring about bold and dramatic change in your life. These transformative techniques will teach you how to • GET UNSTUCK: Master the things you are avoiding and live in forward motion. CONTROL ANGER: Free yourself from out-of-control rage and never-ending grudges. EXPRESS YOURSELF: Learn the secret of true confidence and find your authentic voice. COMBAT ANXIETY: Stop obsessive worrying and negative thinking. FIND DISCIPLINE: Activate willpower and make the most of every minute. • For years, Phil Stutz and Barry Michels taught these tools to an exclusive patient base of high-powered executives and creative types. Now their revolutionary practice is available to anyone interested in realizing the full range of their potential. Stutz and Michels want to make your life exceptional—in its resiliency, its productivity, and its experience of real happiness. • Praise for *The Tools* • “This blew my mind more than anything else I’ve learned this year.” —Dr. Mehmet Oz • “Breakthrough material that ignites your own capacity to transform your life.” —Marianne Williamson • “A rapid and streamlined method of self-improvement.” —Publishers Weekly (starred review) • “An open secret in Hollywood . . . [Stutz and Michels] have developed a program designed to access the creative power of the unconscious.” —The New Yorker • “These tools are emotional game changers. They do nothing less than deliver you to your best and most powerful self.” —Kathy Freston, author of *Quantum Wellness* • “Intensely gratifying.” —Self

Book Information

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Customer Reviews

Stuck in a rut? Feel that life is passing you by? Do anxiety, worry or insecurity hang over like a dark cloud? Obsessing over past hurts and events so that forward movement seems difficult or impossible? If these seem familiar, they are identified as among the most common problems that clients bring to the authors of this book in their counseling practices. Believing that traditional therapy is convoluted in focusing too extensively on exploring the causes of clients' problems, psychiatrist Phil Stutz has designed an innovative approach which he and psychotherapist and co-author Barry Michels use to help clients overcome problems by emphasizing solutions. They provide tools to their clients to work through these common problems. "The surest way to change behavior is with a tool," they state. Human beings have untapped powers that allow them to solve their own problems they believe. With a combined 60-plus years of working with clients, they have identified four fundamental problems their clients are challenged by. They have field-tested solutions with clients enabling them to develop capabilities and move forward. These four fundamental problems which keep clients from living the life they want to live: 1) Pain avoidance (out of fear of rejection, failure, and negative consequences) to the extent that clients don't move forward or progress--clients are stuck in a comfort zone in which they aren't achieving their goals, life is passing them by. 2) Unrealistic belief that people will treat you fairly--when this doesn't happen, clients become enraged/hurt and replay the experience, refuse to move forward until wrong is rectified, obsess about the person or event, fantasize about revenge etc.

OVERVIEW: In their book, *The Tools*, Phil Stutz and Barry Michels introduce a novel method of psychotherapy. By combining elements of Jungian psychology with the kind of practical approach found in Ellis' Rational Emotive Behavioral Therapy, the authors present a series of exercises that they claim can harness the power of higher forces and affect radical, positive changes in their patients' lives. Per my assessment the exercises that they present are groundbreaking, but my guess is that there may be variable amounts of success for the average reader. I will try to explain what I mean by this below. Nevertheless, the book presents what appears to me to be an interesting, original, and possibly effective method of psychotherapy. Before I begin, I have to admit

that it is difficult to assess this book completely in such a short amount of time. I received the book from the Vine program for review three weeks ago. I am obligated to write a review, but you must realize that the exercises in the book take a fair amount of practice. I have noticed some positive changes that I will relate below, but I can't say at this point whether this will improve, stagnate, or decay over time. I will try to write an addendum later, if I see any differences over time. Additionally, I was a psych major in college, but I am certainly not a psychiatric professional. I do not have an advanced degree in psychiatry, so I can only give my opinions as a layperson. I think that this is appropriate as the book was written as a self-help manual for the general reader, but please take my comments in this light. FULL REVIEW: OVERVIEW: Phil Stutz invented The Tools when he was finished with his training as a psychiatrist.

Rating: 3.5 stars If you look up the meaning of the idiom "get religion" in the third edition of the American Heritage College Dictionary, you will find out that it means, "to accept a higher power as a controlling influence for the good in one's life." Getting religion seems to be the underlying philosophy for Phil Stutz and Barry Michels' s "The Tools." As I read the book, I was pleased to see that two trained mental health professionals give a nod to spirituality. Yet, I was also somewhat amused at their efforts to re-brand some of the ideas behind the "tools" with catchy names when in fact they have roots reaching back into traditional religious, moral and ethical principles. Unlike other self-help books, when you read "The Tools," it is understood that you have a problem. The authors do not dwell on the whys of what may be afflicting you. Instead, they identify four problems and give you five tools to help you move through each problem. Each tool is associated with a higher force and using the tools will eventually bring you in touch with "the Source" and your inner creator. In spite of the New Age-like terms, some readers may feel a sense of familiarity with Stutz and Michels's tools, problems and higher forces. The Force of Forward Motion is encompassed in old concepts of determination, tenacity and persistence. The Higher Force of Outflow is forgiveness (we know forgiveness is a higher force: To err is human, to forgive divine, remember?). The authors' problem called "The Maze" is what we know as resentment. The Black Cloud is pessimism or if we wanted a more scientific name, generalized anxiety disorder. Their concept of "The Source" could easily be that of god and the inner creator is that of soul.

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