



Change: Principles of Problem Formation and Problem Resolution

Paul Watzlawick, John H. Weakland, Richard Fisch

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Why some problems persist while others are resolved.

This classic book, available in paperback for the very first time, explores why some people can successfully change their lives and others cannot. Here famed psychologist Paul Watzlawick presents what is still often perceived as a radical idea: that the solutions to our problems are inherently embedded in the problems themselves.

Tackling the age-old questions surrounding persistence and change, the book asks why problems arise and are perpetuated in some instances but easily resolved in others. Incorporating ideas about human communication, marital and family therapy, the therapeutic effects of paradoxes and of action-oriented techniques of problem resolution, *Change* draws much from the field of psychotherapy.

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