



Do One Thing Different: And Other Uncommonly Sensible Solutions To Life's Persistent Problems

Bill O'hanlon

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Think of a problem in your life. Now solve it. That's not as crazy as it sounds, once you try the quick, supportive methods in this book by one of the developers of brief solution-oriented therapy. Best of all, Bill O'Hanlon says, you already know how! Simply "changing the viewing" or "changing the doing" of the problem using ten "solution keys" will put you back in control of your emotions and your life--even single-handedly change your relationship

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