



Change: Principles of Problem Formation and Problem Resolution (Paperback)

By Paul Watzlawick, John H. Weakland, Richard Fisch

WW Norton Co, United States, 2011. Paperback. Condition: New. Reprint. Language: English . Brand New Book. 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.



[READ ONLINE](#)
[4.24 MB]

Reviews

An exceptional ebook along with the font applied was interesting to read through. it was actually writtern really completely and beneficial. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. Hector Cole Jr.

This written pdf is wonderful. It can be writter in easy phrases and not difficult to understand. Your lifestyle span will likely be enhance once you full looking over this ebook.

-- Juanita Reynolds