



## Defeating I Cant: Changing Negative Thinking

By Michael S Haro Ph D

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book relates to all who battle negative thoughts. Its content provides an outlook of optimism and hope, suggesting ways to effectively manage life challenges. Challenges present Why, How, and What questions. When asking Why, more information is needed. Asking How is seeking understanding. What is searching for a way forward based on collected information and understanding. This book provides suggestions for the first two elements. Faith, hope, trust, desire, and the implementation of Self Coaching Skills guides one s journey through the last step. Self Coaching is a process that provides suggestions and directions for human interactions, measurable behavior skills, and user friendly involvement opportunities. Self Coaching presents six measurable behavior skills for participants to manage themselves and the conditions they face. The six skills are: 1. Managing Yourself - As you think, so you go. 2. Asking a Question 3. Raising Levels of Awareness - Automatic, Focused, Options 4. Thought Managers - Emotional and Intellectual 5. Activity Managers - Conditions and Behaviors 6. Problem Solving Model: Awareness, Assessment and Action.



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