



Do One Thing Different: Ten Simple Ways to Change Your Life

Bill O'Hanlon

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You can move quickly from "stuck" to "smooth sailing" in all aspects of your life using Bill O'Hanlon's ten easy Solution Keys. Humorous, direct, and effective, they help you change how you view and "do" your problems-from difficult relationships to enhancing sexuality and resolving conflicts of all kinds. The next time you have a problem, try one of these solution Keys:

- Break Problem Patter: Change any one of what you usually do in the problem situation-i.e. do one thing different! Example: If you usually get angry and defensive, sit quietly and listen.
- Find and Use Solution Pattern: Import solutions from other situations where you felt competent. Examples: what do you know on the golf course that you forget when you get behind the wheel of your car? What do you say to resolve a problem with an angry customer that you don't say to your angry partner?
- Shift Your Attention: Focus what you would like to have happen rather than on what is happening.

Grounded in therapeutic practice, this bold and funny book will put you back in control of your emotions and your life.

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