

Change

What Really Leads to Lasting Personal Transformation

Think of a time in your life when you overcame a significant, chronic, intractable problem that had challenged you for years, until somehow you managed to completely turn things around in such a way that the change has persisted to this day. How did this happen, and what was it that made the greatest difference? Jeffrey Kottler has often explored this question-interviewing hundreds of people about their change experiences and synthesizing all the research around the globe-and he poses it in the opening pages of *Change: What Really Leads to Lasting Personal Transformation*. This fundamental query-how do we (or don't we) make conscious and lasting changes in our lives-has been at the center of his career as a therapist, social justice advocate, professor, scholar, and writer, and it offers a starting point for this book. Change is a mystery. There is no panacea, no one answer to how and why some people can alter their behavior, while others cannot, and even amongst the world's experts there is little consensus for what really makes the difference in successful transformations. From professional athletes to clients, colleagues, and his own personal life, Kottler interweaves powerful stories of transformation with contemporary scholarship and change theory in his examination of the varieties of human transformation. The book approaches the change process through a number of lenses, considering a variety of types of change, including those triggered by a traumatic event, hitting bottom in an addiction, inspirational travel, facing fears, and the power of altruism. Each chapter is anchored by stories of remarkable, unexpected, and lasting transformation, meant to inspire as well as illustrate the sheer range of possible change experiences. The book should leave readers with a healthy dose of skepticism for any program that promises to change your life, while also giving them a deeper appreciation for the complexity of the human psyche.

Change is often a mystery, one that baffles doctors, therapists, teachers, coaches, parents--and especially those of us who struggle to alter our own bad habits or make lasting improvements in our lives. Why do we suddenly change for the better after years of failed efforts? Why do some of us never escape our self-destructive behaviors, even when we desperately want to? What is it that most reliably and effectively produces growth, learning, and development that persist over time? In this vividly written volume, psychotherapist Jeffrey Kottler weaves together inspiring stories and the latest research, taking the reader on a fascinating exploration of human behavior while highlighting what does--and does not--lead to lasting change. Kottler illuminates our many efforts to change--to stop taking drugs, reduce dependencies, leave a destructive relationship, find new and more meaningful work, or adjust to a devastating accident or trauma. Readers are invited to explore key triggers such as hitting bottom, moments of clarity, the power of altruism and service, travel to new surroundings, reading or listening to stories, religious conversion, and much more. Kottler also explores why most changes don't last and what we can do to prevent relapses. Throughout the book, Kottler recounts stories of colleagues and patients--and even recalls episodes from his own life--often moving tales of remarkable, unexpected, and lasting transformation. He looks, for instance, at a young black basketball star, confined to a wheelchair for life after being shot four times, who turned his life around, becoming a scholar and a PhD. An intriguing glimpse into the complexity of the human psyche, *Change* will engage anyone who has ever struggled to alter a habit, enrich relationships, recover from disappointment or failure, strive for more meaningful and productive work, deal with anxiety, loneliness, fears, stress, and depression, or transform their lives in any kind of significant way.



31,50 €

31,50 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780190866853

Medium: Buch

ISBN: 978-0-19-086685-3

Verlag: Oxford University Press, USA

Erscheinungstermin: 01.04.2018

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2018

Produktform: Kartoniert

Gewicht: 567 g

Seiten: 376

Format (B x H): 156 x 234 mm

