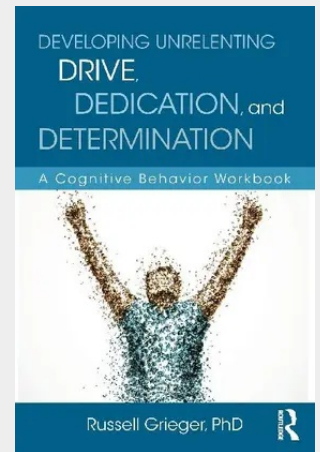


Grieger

Developing Unrelenting Drive, Dedication, and Determination

A Cognitive Behavior Workbook

Distinct from other success or motivation books that emphasize skills, tactics, or pop gimmicks, *Developing Unrelenting Drive, Dedication, and Determination* digs deep into the theory and practice of Rational Emotive Behavior Therapy (REBT) to grow those qualities of character and personality that drive one to relentlessly do what is necessary to produce the great results one wants in life. Each chapter begins with an engaging discussion of that chapter's theme, replete with interesting real-life examples. Then comes a detailed step-by-step workshop that contains guided exercises that aid readers in building that character trait in others or themselves. Provided next are three powerful intensifiers to strengthen and integrate the trait into one's character structure. Following that are cogent suggestions to integrate that chapter's character trait into an organization's culture. Last, suggested readings are provided for those interested in further pursuing the building of that trait. *Developing Unrelenting Drive, Dedication, and Determination* is designed to instruct helping professionals in the REBT approach, to be a resource to work collaboratively with their patients or clients, and to be a sourcebook for the interested layperson.



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