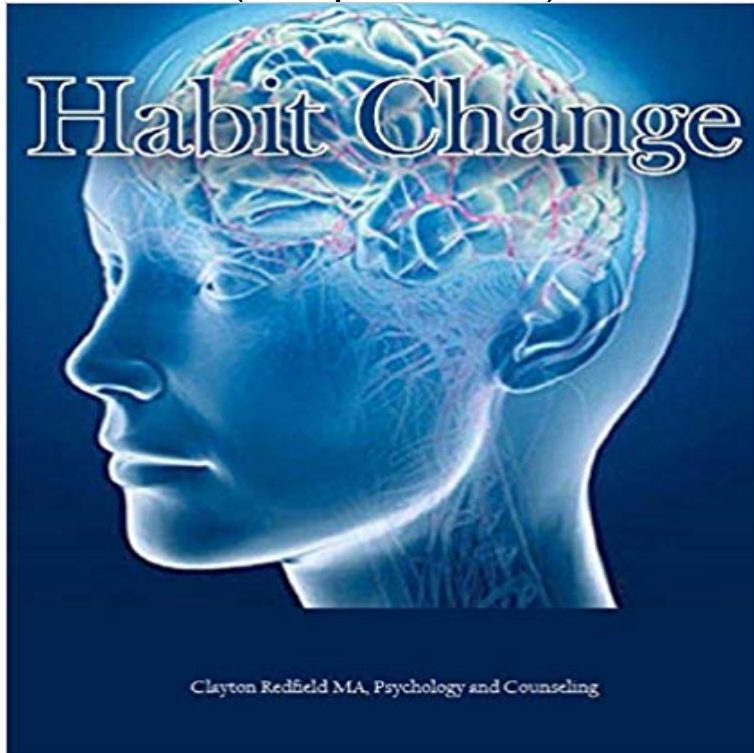


## The Habit of Change: The Secret til a? breyta lifi ?inu, koma vel / gott vald ?itt.: Zure Best saltzen Little pentsamendu PROCESS®, pentsatu eta Hazi Book (Basque Edition)



Aldaketaren ohitura liburu txiki bat Clayton Redfield en One-Pentsamenduaren Process sekretua portaera edozein portaera kognitiboaren aldaketa ... gaur agerian uzten da. The One Thought Process (OTP) prozesu aitzindari dela frogatu duten portaera kognitiboaren aldaketarako, ez da beharrezkoa urte edo hilabete edo are terapia egun hartzeko edozein portaera kognitiboaren aldatzeko. OTP auto-kudeatzen kontzeptu bat dela berehalako portaera aldaketa ekarri nahi duzun edozein unetan landu ahal izango duzu. It Redfield en bat kliniko terapeuta / handiena portaera kriminala eta co-gertatzen nahaste Amerika tratamendu zentro bat zuzendari gisa ibilbide baino gehiago garatu zen eta One-Thought-System auto-terapia bestseller bat ari milioika sartu izaten jarraitzen du mundu, orain 18 hizkuntzatan dago eskuragarri zehar. Redfield konturatuko portaera aldaketa ere benetako arrakasta duten eraginkortasuna pertsonala baita profesionala oreka fin bat biltzen ditu, beraz, liburu trinko eta indartsua hau hobeto eszenikoen bai arenas egiteko eskuliburu bat da. Bere pasadizoak bere praktikan esperientzia pertsonalak, baita bere jokabidearen aldaketa egin beharrak dira. Ez dago benetan ez den paradigma terapeutikoa txandatan bidez joan eta milaka dolar ordaindu terapeuta batekin ordu gehiago dituzten premia. Ez dago ezer zaila den prozesu honetan ulertzen da. Redfield en One-Pentsamenduaren Process diseinatuta dago bereziki, magia trikimailu bat, bat harrিতuta geratzen eta mundua nola egin behar den jakitea bezain erraza izan, baina mundu aurkitzen duenean out nola egiten da, inork ez du uste daiteke, beraz, erraza da. Izan ere, jende gehienak ez sinetsi egiten du lan ... .. hori da saiatu ziren arte. Orain arte, ez da liburu bat du inoiz itzuliko dira eta sari laburki adierazi One Thought Process lan egiten duen portaera kognitiboaren guztiak mendekotasuna \*, Anger, antsietatea,

Laguntza asertibitatea batera, lasaitasuna, Bipolar portaerak, neke kronikoa, depresioa duen erronka portaerak aldatzen barne , nahasteak, mina eta galera, Pain, Panic, PTSD. Autoestimua. Shame & autokritika, Sleep eta insomnia, antsietatea Gizarte \* Mediku Zuhurtzia: heroina, alkohola eta beste substantzia mendekotasuna den mediku bat garbitu behar posible edozein erretiratzea sintomak prozesu honekin jarraitu aurretik.

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