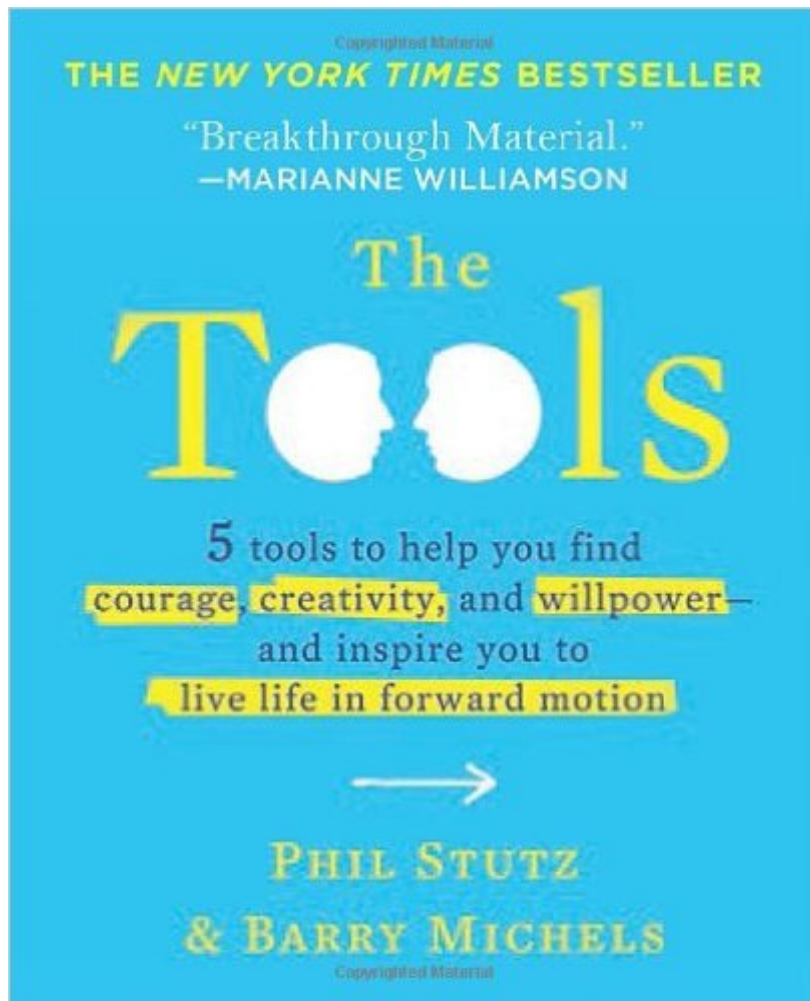


The book was found

The Tools (Miniature Edition): 5 Tools To Help You Find Courage, Creativity, And Willpower--and Inspire You To Live Life In Forward Motion



Synopsis

In this abridgment of their bestselling book, Phil Stutz and Barry Michels present a uniquely effective set of five tools that will help to bring about bold and dramatic change in your life. These transformative techniques will teach you how to get unstuck, control anger, express yourself, defeat anxiety, and find discipline.

Book Information

Hardcover: 168 pages

Publisher: Running Press Miniature Editions; Min edition (October 1, 2013)

Language: English

ISBN-10: 0762450983

ISBN-13: 978-0762450985

Product Dimensions: 2.7 x 0.7 x 3.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 2.6 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #100,321 in Books (See Top 100 in Books) #69 inÂ Books > Humor &

Entertainment > Humor > Business & Professional #167 inÂ Books > Humor & Entertainment >

Humor > Self-Help & Psychology #779 inÂ Books > Business & Money > Business Culture >

Motivation & Self-Improvement

Customer Reviews

I am writing this as a psychotherapist who is looking for new ways to lessen anxiety and depression. This book has been of invaluable assistance to my clients and to myself -- each of the five tools interacts with the others in a way that can end suffering.

I am an avid book reader and not many books make it to 'in case of emergency (ICE)' list, that is, if I were to run out of the home with my important documents and few books, the books in this ICE list. Psycho Cybernetics was the first one to make it to this list and after one or two other books in 6 years, finally I was thrilled to find the TOOLS to be deserving to be on this list. I have audio and miniature version along with the full PDF version. I love the shadow technique, still getting myself disciplined to practice and use it often but the results are their own encouragement for using TOOLS. There is no fluff, the case studies hit home and techniques are so simple and consume to extra time - that's the beauty of this work.

My major complaint is that the print is very small and difficult to read. Not good for middle-agers like me : (

It didn't change my life.

What the heck was this book? I must be simple minded. How am I supposed to relate to a book that is 3"x2.5" in size. A gimmick? Get real!

Read it. It will change your life.

Tiny book. Like fits in your hand.

[Download to continue reading...](#)

The Tools (Miniature Edition): 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 20 Free iPhone, iPad, Android And Kindle Fire Apps For Children Creativity: (Apps to Inspire Creativity) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) The Creativity Challenge: Design, Experiment, Test, Innovate, Build, Create, Inspire, and Unleash Your Genius The Mandala Coloring Book: Inspire Creativity, Reduce Stress, and Bring Balance with 100 Mandala Coloring Pages Art of Coloring: Moana: 100 Images to Inspire Creativity The Ortho Manifesto: How to Inspire Your Team to Greatness, Grow an Orthodontic Practice You Love and Live a Life of Meaning Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Creative prayer: A devotional classic (Forward Movement miniature book) Dominate Life: How to Get Clarity, Find Your Passion, and Live a Life You Love Boundaries: When to Say Yes, When to Say No-To Take Control of Your Life [Miniature Edition] (Inspirio/Zondervan Miniature Editions) The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals Self-Discipline: Achieve Unbreakable

Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!
Self control, ... Self-Confidence, Self-esteem, Organizing) The Everything Guide to Managing Type
2 Diabetes: From Diagnosis to Diet, All You Need to Live a Healthy, Active Life with Type 2
Diabetes - Find Out ... Your Diet and Discover the Latest Treatments ÃfÂ•gilmente [Agilely]:
AprendÃfÂ© cÃfÂ mo funciona tu cerebro para potenciar tu creatividad y vivir mejor [Learn How
Your Brain Functions to Enhance Your Creativity and Live Better] Symphonies No. 4 in E-flat Major
and No. 7 in E: Miniature Score (Miniature Score) (Kalmus Edition) Carmen Suite II: Miniature
Score, Miniature Score (Kalmus Edition)

[Dmca](#)