



Decisions, Decisions: How to Get Off the Fence and Choose What's Best--For You!

Randy W. Green PhD

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At an impasse over relationships, jobs, or health matters? Choosing just got a whole lot easier.

Decisions, Decisions is for anyone who's been stuck in an unfulfilling relationship they can't decide whether to leave; anyone plodding along in the same job for years without advancing their goals; anyone who feels like a prisoner of poor habits that perpetuate an unhealthy lifestyle?and anyone who just accepts whatever comes their way instead of proactively making smart decisions. This book helps these people learn how to shift the way they decide.

With case studies and checklists throughout, *Decisions, Decisions* is organized into three parts that lead readers to understand their behavior and learn how to change it. Psychologist Randy W. Green, PhD, begins by illustrating how people become paralyzed by their own "rules," leading to indecision and poor decisions that can have serious health consequences. He then explores how past traumas and stress reactions inhibit present choices, and the effects our own unique body language has on decision making. And he shows how to make better decisions by shifting our attention away from where we want it least and toward what is *possible*, leading to good decisions that are truly in our best interests.

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Peter White:

Decisions, Decisions: How to Get Off the Fence and Choose What's Best--For You! can be one of your starter books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Decisions, Decisions: How to Get Off the Fence and Choose What's Best--For You! but doesn't forget the main stage, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into brand-new stage of crucial considering.

Floretta Simmons:

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Maureen Daniels:

Is it anyone who having spare time subsequently spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This Decisions, Decisions: How to Get Off the Fence and Choose What's Best--For You! can be the reply, oh how comes? A fresh book you know. You are so out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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