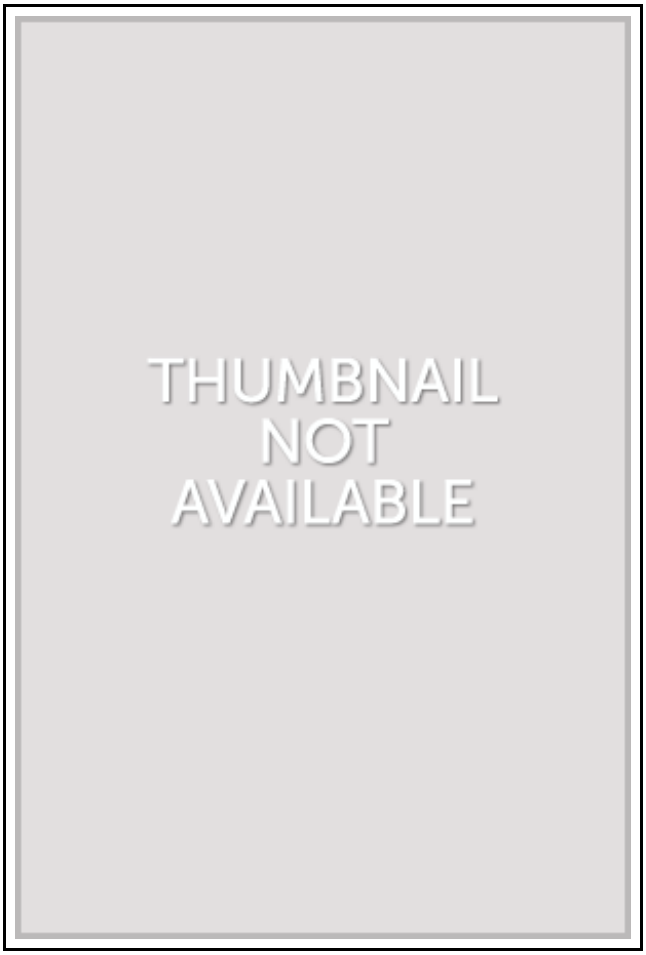
Pause Button Therapy: Pause, Think, Decide, Act



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(Dr. Rowena Wiegand)

PAUSE BUTTON THERAPY: PAUSE, THINK, DECIDE, ACT

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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Pause Button Therapy: Pause, Think, Decide, Act, Martin Shirran, Marion Shirran, Fiona Graham, How many working days are lost every year to depression, anxiety or obesity-related health issues? How many more to the results of road rage, extreme anger, addictions.? On another theme, how many teaching hours are wasted dealing with bad behaviour in the classroom and playground bullying? An exciting new add-on to Cognitive Behaviour Therapy could mean massive time and cost savings for many behavioural problems, just by pressing a remote control button! No, it's not science fiction. "Pause Button Therapy" is possibly the first 'tactile' intervention to be introduced into talking therapies. It's a user-friendly technique, already proven in British schools and with adult problems such as addiction, anger management and weight loss within Gastric Mind Band therapy. This book has been written by British therapists Martin and Marion Shirran to explain their innovative Pause Button Therapy method, and includes a foreword from renowned psychology expert Professor Philip Zimbardo. Millions of us make rushed or ill-thought-out decisions every day, only to have pangs of regret just moments later. Using the concept of pressing the Pause, Fast Forward and Rewind buttons of a 'virtual' remote control device, you can learn not only to stop and think, but also visualise, understand and even feel the results of your snap decisions. With more thinking time, you can see the positive and negative consequences of your actions, allowing you to make more informed choices on a daily basis.

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