



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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Michele Anderson:

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