



If You Want Something You Never Had, Then Do Something You Never Did: Stories & Maxims

By Nossrat Peseschkian

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, If You Want Something You Never Had, Then Do Something You Never Did: Stories & Maxims, Nossrat Peseschkian, Stories do for the soul what medicine does for the body. This maxim comes to life in this book. Short stories of wisdom can sometimes cause an 'Aha Effect' faster than lengthy discussions and analyses. Often, an astonishing change of perspective emerges out of situations which seem to have drifted into a dead end. The first step to change the situation has then been taken. Nossrat Peseschkian narrates stories that have effect because they liberate with laughter and release the mind. He introduces briefly the principles of positive psychotherapy to show why it works and how it works.



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