



# Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy)

*Jennice Vilhauer*

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# **Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy)**

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**Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy) Jennice Vilhauer**

**Stop talking about your past and start creating your future**

Anticipating a positive future is the key to well-being and mental health. Yet when many people think of the future, they experience anxiety, depression, fear, and self-doubt. Unaware of how to change the future, most people are trapped in a cycle of re-creating their past. But your past does not have to define who you are or where you are going — you can break free. Future Directed Therapy (FDT) is a new psychotherapy that helps people create their future with awareness and choice, with skills based on cutting-edge cognitive science. *Think Forward to Thrive* is filled with information and step-by-step exercises to help you:

- \* Overcome negative emotions
- \* Identify what you want in life
- \* Transform limiting beliefs
- \* Take action
- \* Live ready for success

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Why? Because this Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your expertise and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the e-book store hurriedly.

**Syble Mills:**

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