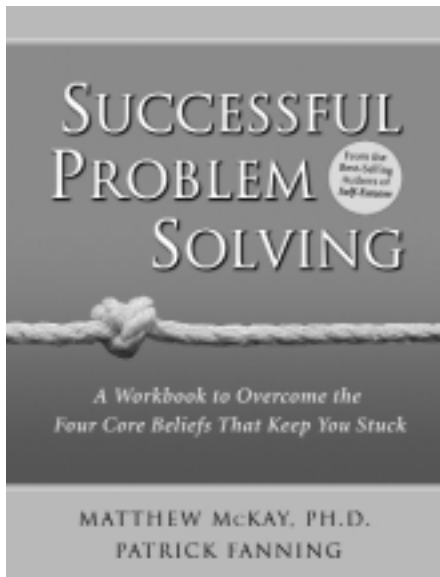


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Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .



Successful Problem Solving

A Workbook to Overcome the Four
Core Beliefs That Keep You Stuck

Matthew McKay, Ph. D.
& Patrick Fanning

Find Solutions to Your Most
Persistent Problems

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

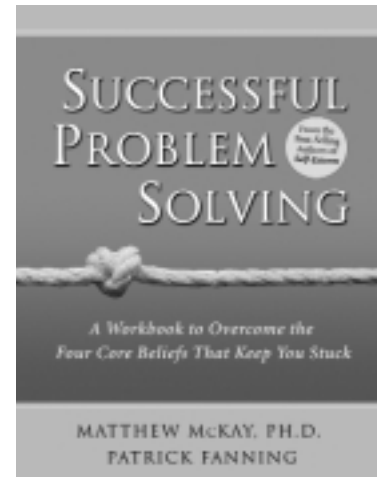
SUCCESSFUL PROBLEM SOLVING
ITEM SPS, ISBN 1-57224-302-3, (PAPER), \$17.95, 176 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
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Some Problems Just Won't Go Away. . .

Another season goes by and you're still behind the same desk, you and your spouse quarrel about the same old issues, you still haven't lost the weight you wanted to lose, and you make resolutions you don't keep. Time passes and nothing has changed.



Something inside you stands in the way. Maybe you tell yourself you just don't deserve to get what you want, or it's too dangerous to risk a change. Maybe you doubt your ability to fix the problem anyway, or you worry that you might hurt someone else if you tried to change things.

Now, in this new guide, best-selling authors Matthew McKay, Ph.D., and Patrick Fanning will show you how to challenge these four core beliefs that keep you stuck in old ways of acting and living. You will discover the tools you need to work out any problem that you've been unable to solve--whether in your career or finances, your relationship or your family, your health or your lifestyle.

Find Effective Problem Solving Skills, and Believe in Your Ability
to Make Positive Change in Your Life

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Suggested Interview Questions for **Successful Problem Solving**

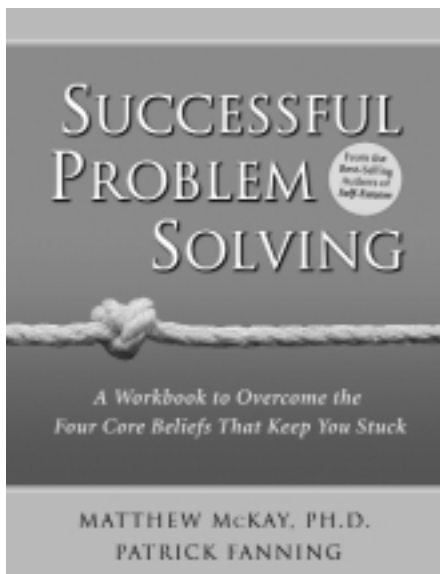
1. Is it true that all problems have a solution? Why do we have such a hard time overcoming some of our most difficult problems?
2. You point out eight problem-solving strategies in the first chapter that are “guaranteed to fail. What tips can you give us about how to recognize these self-defeating strategies that keep us stuck in our old, dysfunctional habits?
3. What signs should we look for to tell us when we really need to reevaluate our problem solving strategies? When does a difficult problem become a chronic problem?
4. Your book deal with techniques to overcome the four core beliefs that keep us from solving our most difficult problems. Aren't these beliefs deeply situated in our consciousness? Will we really be able to work through these issues on our own?
5. When we work through our issues of competence, what should kinds of experiences from our past make the biggest difference in our attitudes in the present?
6. When assessing our competence at dealing with certain hard problems, how can we realize what the real limits of our abilities are? Aren't there some problems that we simply don't have the skills to overcome by ourselves?
7. Is it true that my beliefs will interfere with how I solve problems in my relationship? What about the beliefs of those people with whom I am in conflict?
8. Is it possible to make a life change and still have a sense of security? How can we make major changes in our lives without scrapping everything we've worked so hard for?
9. So many of us with families really do feel that their needs come before our own. Is this really wrong thinking?
10. After we work through the though provoking exercises in your book, how can we tell if the process is really working?

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About the Author of Successful Problem Solving



Matthew McKay, Ph.D. is the clinical director of Haight Ashbury Psychological Services in San Francisco. McKay is coauthor of more than 14 self-help books, including *When Anger Hurts*, *The Anger Control Workbook*, and *Couple Skills*. In private practice, he specializes in the treatment of anger, anxiety, and depression.

Patrick Fanning is a professional writer in the mental health field. He is the author of *Visualization for Change* and *Lifetime Weight Control* and co-author of nine self-help books including *The Addiction Workbook*.

By the Best Selling Authors of *The Relaxation and Stress Reduction Workbook* (over one half million copies sold,) *Self Esteem* (over one half millions copies sold,) *Thoughts and Feelings*, and *Messages*

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What people are saying about . . . Successful Problem Solving

"Everybody has problems and most people have difficulty in solving them. In a **clear, comprehensive** fashion the authors demonstrate first the the type of ineffective problems solving that are used frequently and then demonstrate **five easy strategies to solve unusual problems.**"

-Aaron T. Beck, MD, Director of The Center of Cognitive Therapy, Professor Psychiatry, University of Pennsylvania and author of *Love is Never Enough* and *Prisoners of Hate; The Cognitive Basis of Anger, Hostility, and Violence*

"Users of this **engaging, enlightening, supportive, and exercise-filled** book will not read passively! They will be active participants in learning how to identify and overcome their personal speed bumps on the road to solving many of their most pressing problems in living."

-Cory F. Newman, Ph.D., ABPP, Center for Cognitive Therapy,
University of Pennsylvania

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“Well-written, logical, easy to follow, Successful Problem Solving takes the Mystery out of moving from hopeless frustration to workable solutions. The first self-help book to teach readers not only how to solve problems, but also how to modify dysfunctional beliefs that interfere with effective problem-solving.”

--Thomas E. Ellis, Psy.D., ABPP, Retired Professor of Psychology, West Virginia University School of Medicine, and author of *Choosing to Live: How to Defeat Suicide through Cognitive Therapy*

“This book provides one of **the clearest descriptions of how to use cognitive strategies to change longstanding, negative core beliefs,** and provides detailed suggestions for overcoming emotional blocks to solving problems effectively. If negative emotions such as fear, anxiety, depression, and anger keep getting in the way, the exercises in this book will help. I recommend it highly.”

--Martin Anthony, Ph.D., Anxiety Treatment and Research Centre, St. Joseph's Healthcare, Associate Professor of Psychiatry and Behavioral Neurosciences, McMaster University, and author of *When Perfect Isn't Good Enough* and *The Shyness and Social Anxiety Workbook*

“Living life means solving problems. Of course, there are some problems that get in the way of solving problems. **Organized, upbeat, and scientifically grounded,** McKay and Fanning help readers become better equipped to make effective decisions and important changes in their lives. After all, problems worth solving are worth solving well.”

--Thomas F. Cash, Ph.D., Professor of Psychology, Old Dominion University, and author of *The Body Image Workbook*

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