



The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion

By Phil Stutz, Barry Michels

Download now

Read Online ➔

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels

NEW YORK TIMES BESTSELLER • A groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change—as seen on *Goop* and *The Dr. Oz Show*

Change can begin right now.

The Tools is a dynamic, results-oriented practice that defies the traditional approach to therapy. Instead of focusing on the past, this groundbreaking method aims to deliver relief from persistent problems and restore control—and hope—to users right away. Every day presents challenges—big and small—that the tools transform into opportunities to bring about bold and dramatic change in your life. These transformative techniques will teach you how to

GET UNSTUCK: Master the things you are avoiding and live in forward motion.

CONTROL ANGER: Free yourself from out-of-control rage and never-ending grudges.

EXPRESS YOURSELF: Learn the secret of true confidence and find your authentic voice.

COMBAT ANXIETY: Stop obsessive worrying and negative thinking.

FIND DISCIPLINE: Activate willpower and make the most of every minute.

For years, Phil Stutz and Barry Michels taught these tools to an exclusive patient base of high-powered executives and creative types. Now their revolutionary practice is available to anyone interested in realizing the full range of their potential. Stutz and Michels want to make your life exceptional—in its resiliency, its productivity, and its experience of real happiness.

Praise for *The Tools*

“This blew my mind more than anything else I’ve learned this year.”—**Dr. Mehmet Oz**

“Breakthrough material that ignites your own capacity to transform your life.”—**Marianne Williamson**

“A rapid and streamlined method of self-improvement.”—***Publishers Weekly*** (starred review)

“An ‘open secret’ in Hollywood . . . [Stutz and Michels] have developed a program designed to access the creative power of the unconscious.”—***The New Yorker***

“These tools are emotional game changers. They do nothing less than deliver you to your best and most powerful self.”—**Kathy Freston, author of *Quantum Wellness***

“Intensely gratifying.”—***Self***

From the Trade Paperback edition.

 [Download The Tools: 5 Tools to Help You Find Courage, Creat ...pdf](#)

 [Read Online The Tools: 5 Tools to Help You Find Courage, Cre ...pdf](#)

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion

By Phil Stutz, Barry Michels

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels

NEW YORK TIMES BESTSELLER • A groundbreaking book about personal growth that presents a uniquely effective set of five tools that bring about dynamic change—as seen on *Goop* and *The Dr. Oz Show*

Change can begin right now.

The Tools is a dynamic, results-oriented practice that defies the traditional approach to therapy. Instead of focusing on the past, this groundbreaking method aims to deliver relief from persistent problems and restore control—and hope—to users right away. Every day presents challenges—big and small—that the tools transform into opportunities to bring about bold and dramatic change in your life. These transformative techniques will teach you how to

GET UNSTUCK: Master the things you are avoiding and live in forward motion.

CONTROL ANGER: Free yourself from out-of-control rage and never-ending grudges.

EXPRESS YOURSELF: Learn the secret of true confidence and find your authentic voice.

COMBAT ANXIETY: Stop obsessive worrying and negative thinking.

FIND DISCIPLINE: Activate willpower and make the most of every minute.

For years, Phil Stutz and Barry Michels taught these tools to an exclusive patient base of high-powered executives and creative types. Now their revolutionary practice is available to anyone interested in realizing the full range of their potential. Stutz and Michels want to make your life exceptional—in its resiliency, its productivity, and its experience of real happiness.

Praise for *The Tools*

“This blew my mind more than anything else I’ve learned this year.”—**Dr. Mehmet Oz**

“Breakthrough material that ignites your own capacity to transform your life.”—**Marianne Williamson**

“A rapid and streamlined method of self-improvement.”—***Publishers Weekly* (starred review)**

“An ‘open secret’ in Hollywood . . . [Stutz and Michels] have developed a program designed to access the creative power of the unconscious.”—***The New Yorker***

“These tools are emotional game changers. They do nothing less than deliver you to your best and most powerful self.”—**Kathy Freston, author of *Quantum Wellness***

“Intensely gratifying.”—***Self***

From the Trade Paperback edition.

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels Bibliography

- Rank: #15488 in eBooks
- Published on: 2012-05-29
- Released on: 2012-05-29
- Format: Kindle eBook

 [Download The Tools: 5 Tools to Help You Find Courage, Creat ...pdf](#)

 [Read Online The Tools: 5 Tools to Help You Find Courage, Cre ...pdf](#)

Editorial Review

Amazon.com Review

A Letter from the Authors: What Is a Tool?

In conventional psychotherapy, we talk about “insights” or “causation” and we tend to believe that if we can uncover the deep-seated reasons behind someone’s problems, then the person will change automatically. This implies that awareness alone creates the forces that cause change. But real change, the kind of change patients in therapy cry out for, means changing your behavior, not just your attitude.

That requires much stronger forces. A tool is a technique or procedure that can generate a force that allows you to do the work of change. It is work that must be done in real time. When do we use a tool? In the present.



Conventional therapy tends to be passive and focuses on the past. It excavates a patient’s history, usually from childhood, brings it into the light of day and interprets it so as to strip it of its unconscious power. I have the greatest respect for the past. Memories, emotions, insights can all be very valuable. But my patients needed help and relief in the present and all the insights in the world weren’t going to be powerful enough to deliver that.

To control your actions you need something else: a specific procedure you can use systematically to combat a specific problem -- you need a tool.

There’s an obvious objection that arises here: Isn’t what you’re doing superficial? Sure, these tools of yours may help a patient change his or her behavior but you haven’t addressed the underlying reasons. Unless you do that they’re bound to go back to their (self-) destructive ways sooner or later.

There are two answers to this objection. The first involves a misunderstanding of how people change. Insight into the “reasons” for a problem isn’t the cause of change – it’s the result. Groups like Alcoholics

Anonymous have always known this. You don't join AA and then sit around discussing why you drink too much over a few beers or vodka martinis. You join to stop drinking one day at a time. Only after that can you look into the roots of your addiction by "taking inventory."

The second answer goes back to our original question about what a tool is. There has been a bias in psychotherapy implying that anything that is active and involves your will is superficial; as if the deepest part of human experience can only occur inside your head. The truth is the opposite; the deepest part of human experience happens when you interact with the world outside yourself. That means you need to go beyond thinking and into "doing"—and this is exactly what a tool makes possible.

Review

"Every single thing I've written of any power or merit came through using the tools Barry taught me. Usually counterintuitive, sometimes dangerous, they only changed my life."

—Stephen Gaghan, Academy Award–winning writer of *Traffic* and writer/director of *Syriana*

"Barry Michels and Phil Stutz are profoundly talented guides to the inner workings of the psyche. **The Tools** is breakthrough material that ignites your own capacity to transform your life."

—Marianne Williamson

"These tools are emotional game changers; they can help you work through conflicts, get happier, and feel a deep sense of purpose. As simple and practical as they are, they do nothing less than deliver you to your best and most powerful self."

—Kathy Freston, author of **Quantum Wellness: A Practical and Spiritual Guide to Health and Happiness**

Review

"Transcendent . . . **a rapid and streamlined method of self-improvement.**"—*Publishers Weekly* (starred review)

"Barry Michels and Phil Stutz are profoundly talented guides to the inner workings of the psyche. *The Tools* is breakthrough material that **ignites your own capacity to transform your life.**"—Marianne Williamson

"These tools are emotional game changers; they can help you work through conflicts, get happier, and feel a deep sense of purpose. As simple and practical as they are, **they do nothing less than deliver you to your best and most powerful self.**"—*Kathy Freston, author of Quantum Wellness: A Spiritual Guide to Health and Happiness*

"Every single thing I've written of any power or merit came through using the tools Barry taught me. Usually counterintuitive, sometimes dangerous, they only **changed my life.**"—Stephen Gaghan, Academy Award–winning writer of *Traffic* and writer/director of *Syriana*

Users Review

From reader reviews:

Carmen Jensen:

What do you regarding book? It is not important along? Or just adding material when you want something to explain what yours problem? How about your spare time? Or are you busy individual? If you don't have

spare time to try and do others business, it is make one feel bored faster. And you have time? What did you do? Everybody has many questions above. They must answer that question due to the fact just their can do that. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on guardería until university need that The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion to read.

Paul Blum:

Here thing why this kind of The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion are different and trusted to be yours. First of all examining a book is good nevertheless it depends in the content from it which is the content is as delicious as food or not. The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion giving you information deeper and in different ways, you can find any publication out there but there is no reserve that similar with The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion. It gives you thrill reading through journey, its open up your own eyes about the thing in which happened in the world which is probably can be happened around you. It is possible to bring everywhere like in park your car, café, or even in your approach home by train. In case you are having difficulties in bringing the branded book maybe the form of The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion in e-book can be your choice.

Barbara Guevara:

A lot of people always spent their very own free time to vacation or even go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the whole day to reading a book. The book The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book has high quality.

Sheri Williams:

E-book is one of source of knowledge. We can add our know-how from it. Not only for students and also native or citizen need book to know the revise information of year in order to year. As we know those ebooks have many advantages. Beside most of us add our knowledge, may also bring us to around the world. With the book The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion we can have more advantage. Don't you to definitely be creative people? To become creative person must want to read a book. Simply choose the best book that ideal with your aim. Don't possibly be doubt to change your life with this book The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion. You can more attractive than now.

**Download and Read Online The Tools: 5 Tools to Help You Find
Courage, Creativity, and Willpower--and Inspire You to Live Life
in Forward Motion By Phil Stutz, Barry Michels #31OH7RGQMI8**

Read The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels for online ebook

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels books to read online.

Online The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels ebook PDF download

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels Doc

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels Mobipocket

The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels EPub

31OH7RGQMI8: The Tools: 5 Tools to Help You Find Courage, Creativity, and Willpower--and Inspire You to Live Life in Forward Motion By Phil Stutz, Barry Michels