



# 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

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**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***

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## Editorial Review

Amazon.com Review

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### 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."

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### **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 more easily to read this book from the smart phone. The price is not very costly but this book has high quality.

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