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Self-help quizzes, such as those in *Cosmopolitan* and on *iVillage.com*, are a perennial favorite of readers and these 1,000 questions created by a registered psychotherapist and group analyst are not only fun—they are educational and self-revelatory. Readers will learn more about their personality, their intentions, their needs and desires after taking these easy and revealing quizzes. The book is based on close observation of just what goes wrong in people's lives and how they can put it right. She takes a positive approach to psychology and always wants to help people discover "what makes them feel good." For example: How well do you deal with the past?, Why can't you say no?, What is your joy rating?, and Where do your couple communication skills rank?

This is the book that helps you help yourself. By working through straightforward question-and-answer sections, you will effect change and make real progress in your life. *1000 Questions* covers confidence and self-esteem, personal values, time, stress, anxiety and relaxation, dealing with the past, depression, loss and grief, happiness, joy and creativity, relationships and communication.

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- how to become more aware of your own Pleasure/Achievement orientation
- how to enhance the quality of your personal relationships
- how to harness the underlying influences that drive your decision-making style
- how to experience a greater sense of fulfilment while at work, and finally
- how to strike a healthy balance between the experience of pleasure, derived from an appreciation of the moment, and the experience of satisfaction, derived from the achievement of personal goals.

In addition, you will be encouraged to create a structured personal plan that will assist you to enjoy a richer and more fulfilling life — a life well lived.

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