

Helping Clients Turn Intentions Into Actions: The Ultimate Guide for Therapists and Coaches

As a therapist or coach, you know that the key to helping your clients achieve their goals is to help them turn their intentions into actions. But this can be a difficult task, especially when clients are struggling with procrastination, self-doubt, or other obstacles.



Rethinking Adult ADHD: Helping Clients Turn Intentions Into

Actions by J. Russell Ramsay

★★★★☆ 4.6 out of 5



This groundbreaking book provides you with a proven framework for helping clients turn their intentions into actions. It is packed with practical tools, techniques, and case studies that will help you empower your clients to achieve their goals.

What You'll Learn in This Book

- The science of behavior change

- The different types of obstacles that can prevent clients from turning their intentions into actions
- Effective strategies for helping clients overcome these obstacles
- How to create a supportive and empowering environment for your clients
- Case studies of real clients who have successfully turned their intentions into actions

Who This Book Is For

This book is for any therapist or coach who wants to help their clients achieve their goals. It is especially helpful for therapists and coaches who work with clients who are struggling with procrastination, self-doubt, or other obstacles.

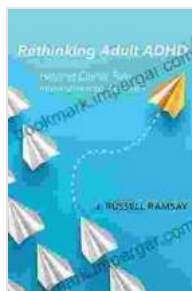
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About the Author

Your Name is a therapist and coach with over 10 years of experience helping clients achieve their goals. She is the author of several books and articles on the topic of behavior change. She is also a sought-after speaker and trainer on this topic.



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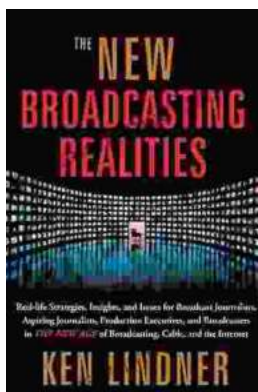
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