



What's Right With You: Debunking Dysfunction and Changing Your Life

Barry Duncan

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"If it's time for a change in your life and analyzing things to death has left you feeling defeated and hopeless, *What's Right With You* is a must read. It will debunk conventional myths about change, quickly restore your confidence and show you how to harness your hidden personal strengths to accomplish your life's goals."

—**Michele Weiner-Davis**
author of *Divorce Busting* and *The Sex-Starved Marriage*

"All is indeed right with Dr. Barry Duncan's *What's Right With You*: an engaging, compelling, and eminently practical book that will help you to capitalize on your strengths and cultivate your power. The do-able exercises will guide you in discovering the hero within and in marshaling interpersonal relationships and personal resources."

—**John C. Norcross, Ph.D.**
president, International Society of Clinical Psychology, co-author, *Changing for Good*

Tap into your inner resilience and change your life in six dynamic and easy-to-follow steps!

We live in a world pervaded by the unspoken attitude that we are all basically flawed, broken, incomplete, scarred or sick: we're labeled as dysfunctional, codependent, depressed, you name it. Contrary to popular perception and drug company ad campaigns, fifty years of research shows that positive change does not primarily emerge from examining the disorders, diseases, or dysfunctions—all the stuff that's wrong with us—that allegedly plague the masses.

Dr. Barry Duncan debunks the myth that only a therapist can help you change your life and shows how positive change really happens when you utilize *your* inherent strengths and resources and are supported by relationships that take your innate goodness as a given. *What's Right with You* gives you a research validated, six-step plan for a dynamic and refreshing approach to effecting change in your life—for good!

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From reader reviews:

Katie Martinez:

What do you concerning book? It is not important together with you? Or just adding material if you want something to explain what the one you have problem? How about your spare time? Or are you busy person? If you don't have spare time to do others business, it is make you feel bored faster. And you have time? What did you do? Every individual has many questions above. They need to answer that question mainly because just their can do that. It said that about book. Book is familiar in each person. Yes, it is proper. Because start from on kindergarten until university need this particular What's Right With You: Debunking Dysfunction and Changing Your Life to read.

Merideth Davis:

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