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Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life (Future Directed Therapy)

Jennice Vilhauer PhD

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Stop talking about your past and start creating your future

Anticipating a positive future is the key to well-being and mental health. Yet when many people think of the future, they experience anxiety, depression, fear, and self-doubt. Unaware of how to change the future, most people are trapped in a cycle of re-creating their past. But your past does not have to define who you are or where you are going — you can break free. Future Directed Therapy (FDT) is a new psychotherapy that helps people create their future with awareness and choice, with skills based on cutting-edge cognitive science. Think Forward to Thrive is filled with information and step-by-step exercises to help you:

* Overcome negative emotions
* Identify what you want in life
* Transform limiting beliefs
* Take action
* Live ready for success

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