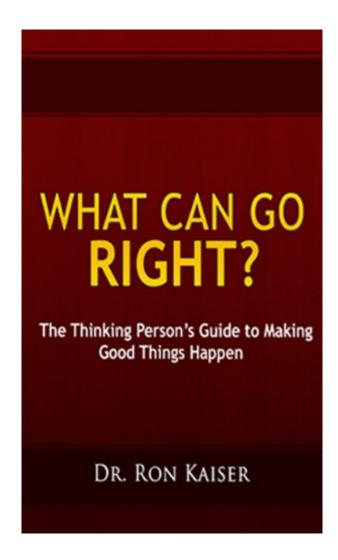
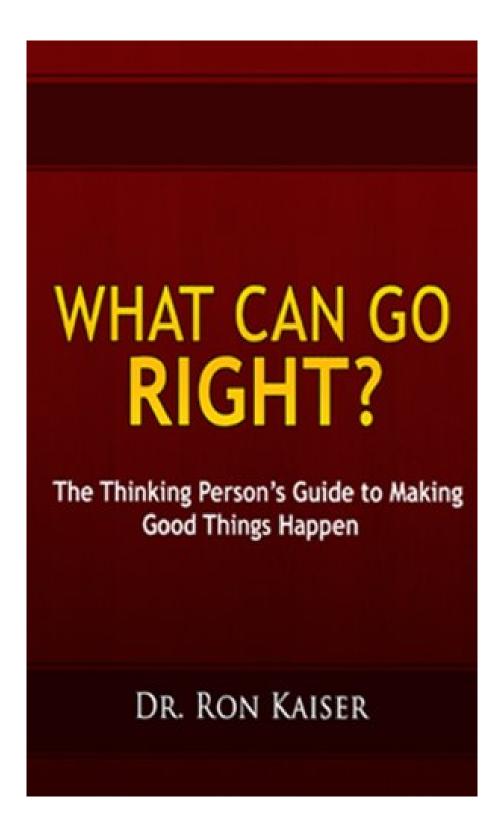
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This is a manual to help the reader lead life to its fullest in a proactive and positive manner. Psychologist Ron Kaiser shares insights and techniques that have heretofore only been available to his own private patients.

Drawing upon the principles of positive psychology and cognitive-behavioral therapy, this book challenges the reader to make changes in the thinking process, and it provides guidance to overcome negative-thinking habits that limit opportunities for achievement and happiness. Unlike many self-help books, What Can Go Right? provides us with techniques for overcoming problems from the past by immediately focusing on building the emotional strength to take charge of the future, rather than the other way around. In doing so, it introduces several new concepts into the positive psychology lexicon as it guides the reader in how to: overcome Competent Person's Disease; clean up the personal graffiti; and develop the healthy Type P Personality.

The book is easy to read and practical, and it has work sheets to guide the process of making changes. Its strategies can be implemented immediately.

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