



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

By Jennice Vilhauer

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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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Review

“Geared toward helping readers invent their futures ... it describes studies and exercises that teach how to set goals, redirect thoughts, practice mindfulness, and generate solutions to obstacles. Verdict: Vilhauer's distinct approach concentrates on how to think about the life ahead. A worthy title for readers to consider.”

— **Library Journal**

“Jennice Vilhauer’s breakthrough book turns psychotherapy on its head. Instead of focusing on regrets and worries, she moves us toward the future to achieve personal growth and well-being. In a masterstroke for positive psychology, she gives us a compelling, step-by-step method for reaching our potential.”

— **Jesse H. Wright, MD, PhD, coauthor of *Breaking Free from Depression and Learning Cognitive-Behavior Therapy***

“If you feel stuck or find yourself struggling to meet your goals, this may be the most important book you will ever buy.”

— **Marissa Burgoyne, PsyD, psychologist, Pepperdine University**

“A breakthrough direction in psychotherapy. This book revives the promise of advancing one’s quality of life by actively working toward a better future.”

— **Waguih William IsHak, MD, clinical professor of psychiatry, David Geffen School of Medicine, UCLA**

“Jennice Vilhauer has created a reader-friendly guide, loaded with powerful exercises and grounded in clinical expertise, to help readers develop skills that will steadily manifest more authenticity and fulfillment in their lives. A welcome gift.”

— **Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being***

About the Author

Jennice Vilhauer, PhD, is the director of the Adult Outpatient Psychotherapy Program and an assistant professor in the Department of Psychiatry and Behavioral Science in the School of Medicine at Emory University in Atlanta, Georgia. The developer of Future Directed Therapy, she has over twelve years of experience training psychologists and psychiatrists in cognitive therapy and helping clients create better futures.

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