



Instant Analysis

By David J. Lieberman

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Have you ever wondered...

Why am I so easily discouraged?
Why do I procrastinate?
Why do I stare at myself in the mirror?
Why do I keep people waiting?
Why do I eat when I am not hungry?
Why do I secretly hope other people will fail?
Why do I feel alone even when I'm around other people?
Why am I constantly misplacing my keys and other things?
Why do I enjoy hearing the secrets and confessions of others?
Why will I do a favor for someone I don't even like?
Why am I so superstitious?
Why do I have trouble asking for help?

If any of these behavior, habit, and thoughts are keeping you from having the life you want, then you need to know that help has finally arrived.

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Editorial Review

From Library Journal

Psychologist Lieberman would agree with Auntie Mame's comment that "Life is a banquet, and most poor suckers are starving to death." For too many of us, he insists, "There's dullness instead of intensity and numbness in place of excitement." Lieberman blames this on what he calls automatic thinking and behaviors. To help the reader become aware of such behavior, he chooses a format of 100 questions and answers. Why do you feel the need to arrive early? Why are you so hard on yourself? Why do you apologize even when it's not your fault? The author explores plausible reasons for these automatic behaviors and presents ideas for changing them. His intent in this reader-friendly discussion is to replace the reader's tiredness and apathy with fresh ideas and vitality. While the questions and answers are entertaining, specific practical behaviors are also suggested for creating more positive thinking and actions. This practical, enjoyable book should find a wide readership in self-help collections in public libraries. Catherine T. Charvat, John Marshall Lib., Alexandria, Va.

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Review

"Before rushing into therapy, consider this method for leading an examined life." ?*ABC World News Now*

"A terrific book. It moves you forward in your life and that's wonderful. Great fun.. the book is a joy, a pleasure to read." ?*Joan Rivers*

"Entertaining... practical, enjoyable." ?*Library Journal*

About the Author

David J. Lieberman, Ph. D., is a nationally recognized leader in the field of human behavior and the creator of NeuroDynamic Analysis, a revolutionary short-term therapy. He is a sought-after speaker and lecturer and a frequent guest on top national television and radio programs. His work has been translated into 10 languages. He lives in New Jersey.

Users Review

From reader reviews:

Jason Urso:

Spent a free a chance to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Instant Analysis can be excellent book to read. May be it might be best activity to you.

Michelle Carlson:

In this period globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to your account is Instant Analysis this reserve consist a lot of the information on the condition of this world now. That book was represented how do the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book acceptable all of you.

Nancy Brown:

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