



# Fire Your Therapist: Why Therapy Might Not Be Working for You and What You Can Do about It

*Joe Siegler*

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## Fire Your Therapist: Why Therapy Might Not Be Working for You and What You Can Do about It

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### Build the life you want with the powerful alternative to therapy

""This is a terrific book about you achieving peak performance, better balance, and success. Think of it as your own personal guide to getting from good to great in your life. Dr. Siegler actually does what many before have set out to accomplish-bright, ambitious people of all ages now have a proven path to transformation.""

—Stewart Emery, coauthor of the international bestsellers *Success Built to Last* and *Do You Matter?*

""Dr. Siegler possesses the qualities of the best catalysts for profound change: clarity, compassion, and the courage to see each client with brand new eyes. This book is the essential guide for finding your way through the confusing thicket of self-mastery options.""

—Raphael Cushnir, author of *The One Thing Holding You Back* and *Surfing Your Inner Sea*

""Finally, a new paradigm-that is refreshing, daring, cutting edge, and client-centric-that can yield the life and career you want. With *Fire Your Therapist*, Dr. Siegler ushers in a new era of self-improvement.""

—Josh Baran, author of *The Tao of Now*

""Dr. Siegler shares the client-centered, goal-directed philosophy of Solution Focused Therapy and broadens it. For those who want to make an educated choice about how to achieve the life they want, he anticipates and answers your questions in a comprehensive and affirming manner.""

—Eve Lipchik, codeveloper of Solution Focused Therapy and author of *Beyond Technique in Solution Focused Therapy*

Feel like therapy isn't working for you? Wish there were a better way to achieve your goals? *Fire Your Therapist* introduces a new, holistic approach to creating the life you want. Based on Dr. Siegler's groundbreaking Spheres of Life Coaching Method, this book explains how to move beyond the ""talking cure"" of traditional therapy to a more creative, results-oriented way of achieving your goals. You'll be inspired by the experiences of clients who have benefited from Dr. Siegler's proven methods.

*Fire Your Therapist* is the essential step-by-step guide for anyone who wants to create a more successful life.

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