



People and Change: An Introduction To Counseling and Stress Management

By Catherine M. Flanagan



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How to capitalize on change -- as a key feature of modern living -- is the central theme of this work. Incorporating the major theoretical advances psychology has made during the last thirty years, *People and Change* describes how clinical levels of psychological difficulty can develop and how problems such as phobias, depression, shyness, marital and sexual disharmony, obsessions, and over-indulgence are treated.

Although a psychology text, *People and Change* offers an unusually broad scope. The text acknowledges the interplay of somatic vulnerabilities, environmental influences, large individual differences, and various other factors that can be involved in the complex stress process that leads to bad habits. The ability of the individual to adapt to change through self-knowledge is stressed throughout this important book.

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Editorial Review

Review

The strength of this volume lies in its presentation and the organization of its chapters. It has many impressive features. It provides a practical model of helping. Theory and practice are ver clearly explained with a blissful absence of psychobabble. It will provide people from a variety of backgrounds and interest with a good introduction to cognitive and behavioural techniques. For student therapists this book would provide an excellent reference, particularly when they are overwhelmed with theory and need to feel grounded.

—*Irish Journal of Psychology*

The appendices are well written and a useful guide for therapists, people in therapy, and those who want to use self- help. They are a direct, task oriented, no-nonsense approach to identifying problems, assessing motivation to change, choosing what to change, and planning how to go about it.

Understanding People in a Changing World is easy to read and well organized. The first part my interest the lay public and serve to demystify the process of therapy. It can aid patients and their families and serve as an adjunct to cognitive therapy.

—**Roberta R. Ball**

Department of Psychiatry, University of Medicine and Dentistry of New Jersey, Sc

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