

The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want By Joseph Luciani, PhD

We are a nation of stress – surveys report that 65% of Americans lose sleep because of it. Fear and anxiety keeps us from sleeping at night and being productive in our daily lives. Job worries and family top our lists of concerns followed by personal finances and world affairs and health. Is the economy improving? Will I make enough money this year? Will I have a job? How will I support my family? Are my kids in trouble? Are they safe? Am I too fat? A viscous cycle of these and other stressful questions – fueled by worry, doubt, and fear – costs businesses more than \$150 billion each year in workplace injuries, workers' compensation, illness, absenteeism, tardiness, and poor performance.

For some people, the answer is a medicine cabinet full of pills. Others simply suffer in silence. Joseph Luciani, PhD believes we have a choice. We **CAN** take back our lives from the grip of what he terms “reflexive, habitual, negative thinking.” And he should know. He lived a good portion of his life in the seemingly never-ending cycle of doubt, fear and insecurity. No matter how successful he was in school or in his work it wasn't good enough. He developed a self-destructive pattern of control. This cycle of thinking soon became a habit making him tired and fearing the “what-if....”

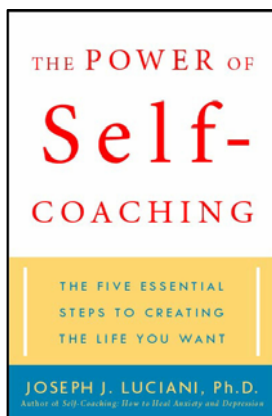
In his new book, **THE POWER OF SELF-COACHING: THE FIVE ESSENTIAL STEPS TO CREATING THE LIFE YOU WANT** (John Wiley & Sons, Inc.; July 2004, \$15.95), Dr. Luciani shows readers in an easy-to-follow program, how to get back to where their lives make sense. It allows us to decide who is going to steer our thoughts – ourselves or our insecurities.

THE POWER OF SELF-COACHING is a powerful tool for becoming active participants in our own thinking. Dr. Luciani believes that the answer to our doubts, fears and insecurities can be broken down into two words: **Control** and **Habit**. Once we recognize these two influences on our thought processes we can create the life we want. Then, by following his five essential steps, we can tackle our self-generated feelings of unhappiness and helplessness:

- **Chart Your Weaknesses**
- **Separate Fact from Fiction**
- **Stop Listening to the Noise**
- **Let Go**
- **Motivate Yourself**



“Learning to live more naturally and spontaneously may seem complicated, especially if you're suffering. But it's not complicated at all! It isn't in our nature to be unhappy or suffer, it's simply a habit and the truth is that habits are learned and habits can be broken! No matter how destructive, a habit can't hurt you if you learn to stop feeding it.”



Joseph Luciani is a clinical psychologist in general private practice since 1977 in northern New Jersey. He has a Ph.D. in clinical psychology from the California School of Professional Psychology. He is the author of, **Healing Your Habits**, and **Self-Coaching: How to Heal Anxiety and Depression, What to Do When Your Life Gets Out of Control**. He is a popular lecturer who appears frequently in newspapers, magazines, and on national TV and radio programs. You can learn more about Dr. Luciani and Self-Coaching on his website: www.Self-Coaching.net.

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