



Creating the Life You Want to Live: Vital Skills Your Parents and Teachers Never Taught You for Transforming Your Life and Relationships

Florence Bienenfeld Ph.D. M.F.T.

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"By working as a therapist, with families for over thirty years, Florence Bienenfeld, Ph.D, MFT, has put together a truly kind, loving, personal guidebook to improve one's life and relationships. *Creating the Life You Want to Live* gathers decades of cutting edge therapeutic skills, Bienenfeld developed with thousands of patients, and presents them to you as a 'game changing' opportunity. Through anecdotal case studies, contextual principles and mind/body healing exercises and practices, you learn to change your life by identifying and resolving debilitating issues that keep you from thriving – so that you can create the life you want to live.

"The suggestions I make throughout my book are intended to support you in achieving your goals. By the time you have finished reading, absorbing, and utilizing all vital skills, the goals you seek can become a reality." —from *Creating the Life You Want to Live*."

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