



A Guide to Possibility Land: Fifty-One Methods for Doing Brief, Respectful Therapy

Sandy Beadle, Bill O'Hanlon

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Tested, practical methods that help people reconnect with their sense of hope and possibility.

When was the last time you read a book to improve your professional skills and had fun at the same time? For people interested in the latest developments in brief, solution-oriented therapies, and for any who want to improve their therapeutic skills without unnecessary toil, *A Guide to Possibility Land* is a terrific introduction to the territory. Possibility therapy, originated by Bill O'Hanlon, is about acknowledging and validating clients' felt experience and ideas about their lives while ensuring that possibilities for change are discovered and amplified. *A Guide to Possibility Land* outlines this humorous, compassionate approach to action-oriented therapy in a lively and accessible text. Each method is defined, explained, and illustrated, all in a page or two. By the book's end the reader is empowered with a huge selection of strategies and an enlightening map of possibility land.

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