



Overcoming Indecisiveness: The Eight Stages of Effective Decision Making

By Theodore Isaac Rubin

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In Overcoming Indecisiveness, Dr. Rubin declares that success and happiness are neither haphazard nor accidental, and that the decisions we make -- and fail to make -- largely determine the outcome of our lives. Dr. Rubin is famous for his practical yet inspirational approach to solving human problems, and here he explains how you can discover yourself through each step of making the decision that is right for you. Whoever you are, whatever your profession, this compassionate and insightful guide will be enormously helpful. It shows how all of us have certain blocks in our lives that continually prevent us from making effective decisions and that finally prevent us from being happy, fulfilled people. He also explains how many of us abdicate true decisions, and he identifies different personality types: for example, those who make certain decisions so they will be liked by others; those who want to build up their self-esteem by conquering others; or those who are perfectionists and so can never arrive at a final decision. Drawing on his medical training and a vast knowledge accumulated through years of psychoanalytic experience, Dr. Rubin takes the reader step by step through the stages of effective decision-making: recognizing blockages and coping with them directly, identifying priorities, making your decision and discarding the other choices, and committing all your thoughts and energy to the choice you've made. Every time you make a real decision, says Dr. Rubin, you own more of yourself, and you are well on your way to happiness and control over your own life. "There is little as life-enhancing, as constructive to success in all areas, and as important to happiness as the ability to make decisions. Decisions put us in charge of our own lives. We find out who we really are every time we make a decision because we make use of our own priorities and values."

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