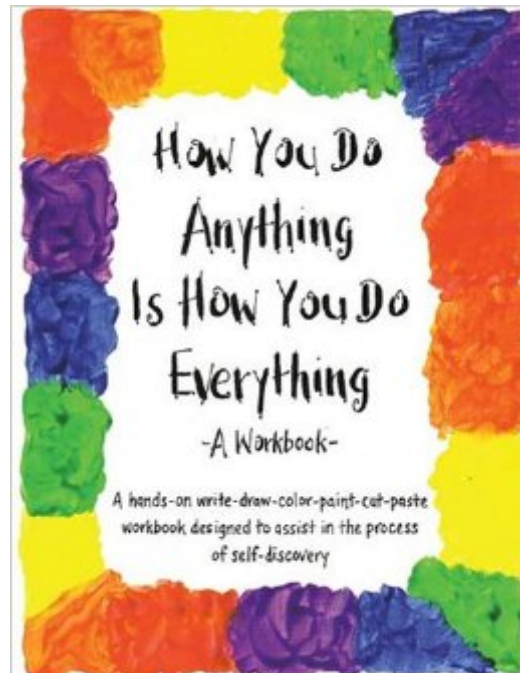


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# How You Do Anything Is How You Do Everything: A Workbook



## Synopsis

This self-discovery workbook contains 16 short essays interspersed with writing and drawing exercises on numerous topics, including money, body image, relationships, and career.

## Book Information

Paperback: 176 pages

Publisher: Keep It Simple Books (June 1, 1988)

Language: English

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Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #93,495 in Books (See Top 100 in Books) #87 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #118 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#) #579 in [Books > Self-Help > Self-Esteem](#)

## Customer Reviews

As a working counselor, I am constantly searching for therapeutic tools and this workbook is currently my favorite resource. Even though Huber explains the causes of suffering from the Buddhist perspective, you don't have to be Buddhist to appreciate the theory behind the exercises. In using the exercises, a person may cut and paste, draw, paint, color, or write their responses. By encouraging such creativity in responding, a person can express themselves in a wide variety of media, rather than just the normal verbal medium which dominates counseling. In the book, Huber truly covers many issues including relationships, self-esteem, holidays, emotional health, death and grief, and so much more. I recommend that every therapist in practice would benefit from using this book not only in their work with others, but also in working on their own issues. I return to it time and time again in order to feel centered and focused as a person and professional.

I am not a psychology or counseling professional, but I thoroughly enjoyed this book. I am an artist who earns a living as a technical support rep so I value both the creative and the analytical processes. I found that this book appealed to both. As one who is always looking for creative outlets, ways to relax, and learning tools. I own many journals including SARK's. I feel like this is

SARK bigger, better, and uncut \*grin\*. It has been a ton of fun to fill out each page and has helped me to catch some patterns I was unaware of in the process. Located currently in Utah, religion can be a hot topic all the time. The last thing I want is a religion introduction masquerading as a journal/workbook. This book does not harp on Buddhism or any other religion. So if you are shying away because of that, don't. I just happened to pick it up off the shelf and had no idea the background until I read about the author. Relaxation, thought, insight, fun, creative outlet, record of you....this book is that and more. All that and its cheap too! If you're hesitating on the purchase, I can tell you it's worth the money and time.

I have been a high school counselor, and am now a college counselor, and I have found this book to be a great resource to draw from when trying to help students with self-acceptance/discovery. The exercises are very thought-provoking and revealing. For anyone willing to take the time to work through them, the reward is a much greater understanding of self, and an improved self-concept.

This large (8 1/2 x 11") self help workbook takes you through writing and drawing exercises to assist in exploring your inner self. The handwritten (childlike?) font conveys an informal, relaxing, comfortable, feel to the book, without taking away from the professional strength. 163 pages of insightful questions and prompts that encourage you to express your feelings through writing and drawing. I also recommend books by SARK, a self help artist/author, known for her artistic and playful self help books. She has highlighted Cheri Huber in her earlier books. As an author and a Nurse, I highly recommend this informative self-help workbook for anyone wishing to explore their feelings.

This book is a great resource for re-discovery the self and exploring your conditioning. It is loaded with practical exercises that really will help you to make your life better. It can be used as a resource along with counseling or it can stand alone. It is largely based on modern cognitive therapeutic methods that have proven effective and does not push a particular religious orientation although Cheri Huber is a Buddhist and founded a monastery. She is also a woman who has helped many people including herself and certainly has the credibility to put out good material. Very highly recommended for pre-teens, teens and adults. Her other books are very good as well and she has a Self Acceptance audio course that would be a wonderful accompaniment to this book. If you are not working with a counselor, I would recommend getting both to reinforce the ideas and help you to put them into practice. Change is possible, but it isn't always easy!

This is a very personal workbook. I am finishing 7 months of DBT and wishing I had had this on month one. A friend is using it in her continuing fight with bipolar and we share our writings. I am buying copies for my nieces hoping that they will never have to go through what I have, and if they do it will help them sooner and not later.

I picked up this book by chance years ago and really appreciate all its taught me about myself. It is useful and insightful. It asks important questions to get you thinking. It is engaging because it comes in a creative format with blank space for you to write, draw, paint or paste. I felt it well worth my money.

This journal is a fantastic journal for self-reflection. I have learned a great deal about myself from utilizing this book. I have used Sark's and I liked it, however, I feel that this book gives more guidance and directions. I was looking for something to help me get on track spiritual as I had left my religion. This doesn't focus on religion, it helps an individual focus on knowing or getting to know themselves.

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