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Book Information

FIND YOUR POWER

A Toolkit for Resilience & Positive Change

By Dr Chris Johnstone

Foreword by Rob Hopkins, co-founder of the Transition Movement

“You are going to love this book. It is fun and encouraging as well as being full of good tips and activities. It brings the complex notion of personal power to life, offers insight into ourselves as a species and invites a sense of soul and purpose to our journey.”

Jane Reed, Senior Lecturer, Institute of Education, University of London

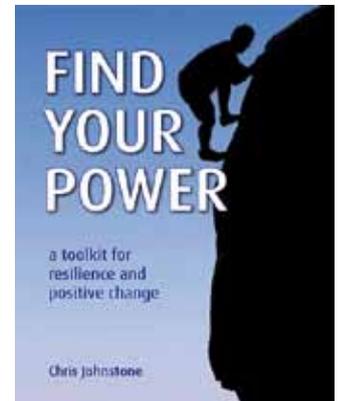
Addressing personal and planetary issues, *Find Your Power* describes how to strengthen your ability to bring about positive change. Drawing on insights from addictions recovery, positive psychology, storytelling and holistic science, it includes proven strategies for improving mood, building strengths and increasing effectiveness.

The book addresses the following key themes:

- Motivational enhancement tools that will help you become clearer about your direction and more inspired to move that way;
- Tools for getting through blocks by looking at creative problem solving strategies, ways of dealing with fear and methods for transforming crisis or failure into turning points; and
- How to keep yourself going in the marathon of longer term change by strengthening support around you, tapping into purposes bigger than yourself and making what you do more enjoyable.

The tools described can be used for any kind of change, from tackling depression and improving your life through to addressing world issues like peak oil and climate change.

Chris Johnstone is uniquely positioned as a medical doctor whose annual Happiness Training Lectures in the UK are sponsored by the NHS. He is also as a key figure in the Transition Movement. *Find Your Power* is not only a highly effective self-help book, but also a call to adventure for everyone wishing to effectively participate in creating a healthier, more sustainable world.



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What people are saying about FIND YOUR POWER

Chris Johnstone was one of the 'extraordinary individuals' named in this year's Independent on Sunday 'Happy List' (announced April 2010). The list names 100 people who give back, volunteer, and who make Britain a better balanced, happier country. Chris started the happiness lectures in Bristol in 2006 as part of his positive psychology programme at Bristol University. In the NHS, he challenged the long hours of junior doctors, and now teaches holistic thinking to medical students.

For more details view: www.independent.co.uk/news/people/news/the-iiosi-happy-list-2010-1953746.html

I am deeply grateful for Chris's work. He distils so much into these pages with his wide experience and insights, and he offers useful tools that anyone can pick up and implement. While the impending peak in world net energy is a cause for concern and a call for radical action, being able to distil and bottle Chris's energy would indeed be a gift for a resource constrained world. Fortunately the book you hold in your hands does exactly that.

Rob Hopkins, co-founder of the Transition Movement

This brilliant and practical book is a call to liberation: it frees us to discover, use, and enjoy the powers life has given us.

Joanna Macy, author, World As Lover World As Self

Find Your Power provided me with the psychological tools, skills and strategies to face and overcome my fears. It is written and formatted in such a way that you first gain a deep understanding of the nature of fear, before learning that the uncomfortable and disturbing feelings you are experiencing are important and necessary catalysts to motivate real and lasting change. By the time you finish reading this book you have learned to see the situations you fear as challenges to overcome or, in Chris's words, 'a call to adventure'.... Find Your Power has taken up permanent residence on my bedside table and I'd say it is a must-have for Transition 'Heart & Soul' groups!

Brigit Strawbridge, founder of The Big Green Idea, www.thebiggreenidea.org

Find Your Power is a different kind of self-help book. It describes, in detail, how we can move into our potential, helping ourselves and the world at the same time.

Mary-Jayne Rust, psychotherapist

I have read many, many books relating to the concepts of personal power/change, and I think this is by far the most helpful and useful.

Patricia Gaya Wicks, lecturer in Leadership Studies, University of Exeter

This is one of the very few books I always want to have by my bedside. With each chapter I've had further insights and breakthroughs. It has given me practical encouragement with many areas of my life, helping me with personal issues, my work and in responding to my concerns about the world. I can't think of anyone who wouldn't benefit from the tools in this book.

Linda Crook, family doctor and artist

I couldn't put it down. The way Chris Johnstone builds and develops ideas throughout the book is just excellent. He offers a very helpful distillation of many years' experience working with the psychology of change. I can immediately see how I can use this in my own life and in the groups I run.

Nick Wilding, The Centre for Human Ecology, Scotland

Have you ever been told: 'You can't change it, you just have to accept it'? This book turns that view on its head. Chris Johnstone focuses on helping people access their own motivational force; redesigning elements of the way they think so they are not held back; integrating positive visionary thinking, planning, doing and reviewing; and developing trust and confidence in oneself.

I wholeheartedly recommend this book.

Richard Velleman, professor of Mental Health Research, University of Bath

You are going to love this book. It is fun and encouraging as well as being full of good tips and activities. It brings the complex notion of personal power to life, offers insight into our errors as a species and invites a sense of soul and purpose to our journey. I can't recommend it more highly.

Jane Reed, Senior Lecturer, Institute of Education, University of London

Invaluable. This is not one of those gimmicky management technique books that so often promise miracle results overnight. Chris Johnstone has produced a masterclass for those who need help to keep fighting for what they believe in and reach goals that are seemingly impossible. I cannot recommend it highly enough.

Richard Barnett of the New Forest Transition group, www.newforesttransition.org

Simple to use but powerful in effect, this is a remarkable book. Dr Kathleen Sullivan, consultant to the United Nations, New York

It is fun and encouraging as well as being full of good tips and activities. It brings the complex notion of personal power to life, offers insight into ourselves as a species and invites a sense of soul and purpose to our journey.

Permaculture Works

Read an interview with Chris at <http://transitionculture.org/2010/05/15/exclusive-interview-chris-johnstone-on-inspiration-finding-your-power-and-transition/>

Listen to a short podcast interview between Chris and a German business coach at www.bazimmermann.com/english/news/index.php?title=building_resilience&more=1&c=1&tb=1&pb=1



ABOUT THE AUTHOR:

With a background in medicine, psychology and groupwork, Dr. Chris Johnstone is a specialist in the psychology of positive change. After working for many years as an addictions specialist in the UK health service, he now focuses on teaching, training and writing. Johnstone has been active in the Transition movement, contributing to a chapter on the psychology of change in *The Transition Handbook* by Rob Hopkins, and has pioneered the application of the positive psychology approach in health-care, within organisations and in adult education. He edits the online newsletter *The Great Turning Times*. For more information, see www.chrisjohnstone.info