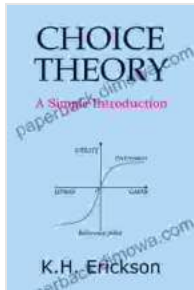


Choice Theory: A Simple Introduction

Choice Theory is a simple but powerful theory that can help you understand yourself and others better. It can also help you make better choices and live a more fulfilling life.



Choice Theory: A Simple Introduction (Simple Introductions) by K.H. Erickson

★★★★☆ 4.6 out of 5

Language	: English
File size	: 853 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 102 pages
Lending	: Enabled
X-Ray for textbooks	: Enabled
Screen Reader	: Supported



Choice Theory was developed by Dr. William Glasser, a psychiatrist who spent over 50 years working with people from all walks of life. Glasser believed that we are all responsible for our own choices, and that we can always choose to behave in a way that is consistent with our values.

Choice Theory is based on the following five principles:

1. We are all responsible for our own behavior.
2. We can always choose to behave in a way that is consistent with our values.

3. Our behavior is driven by our needs.
4. We can learn to control our behavior by changing our thoughts and beliefs.
5. We can create a better world by helping others to learn Choice Theory.

Choice Theory is a simple but powerful tool that can help you understand yourself and others better. It can also help you make better choices and live a more fulfilling life.

How Can Choice Theory Help Me?

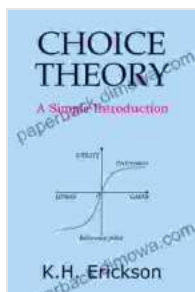
Choice Theory can help you in many ways, including:

- Understanding yourself and others better
- Making better choices
- Living a more fulfilling life
- Improving your relationships
- Overcoming challenges
- Achieving your goals

If you are interested in learning more about Choice Theory, I encourage you to read Dr. Glasser's book, *Choice Theory: A New Psychology of Personal Freedom*.

Choice Theory is a simple but powerful theory that can help you understand yourself and others better. It can also help you make better

choices and live a more fulfilling life. I encourage you to learn more about Choice Theory and see how it can benefit you.



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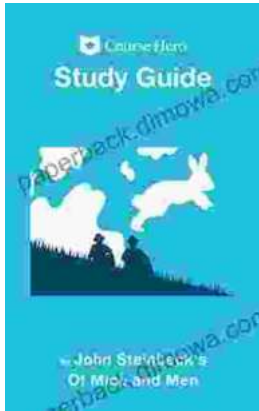
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