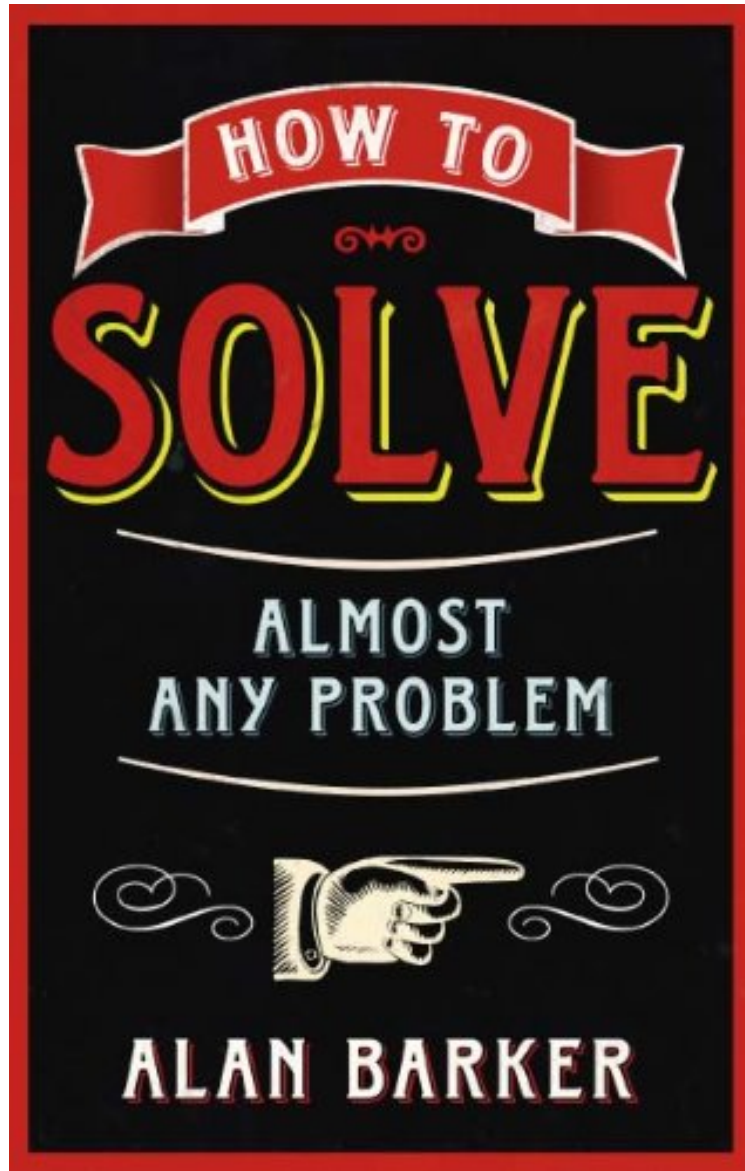


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## How to Solve Almost Any Problem

*Alan Barker*

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**Alan Barker : How to Solve Almost Any Problem** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Solve Almost Any Problem:

0 of 1 people found the following review helpful. James De Vere recommends this for youBy James De VereReally recommend this. jamesdevere.com0 of 0 people found the following review helpful. Wow, what a hidden gemBy Mad MaxThis book was quite a pleasant suprise. An easy to read guide which leads you through common "stuckness" traps, and helps navigate.Most of the focus seems to be organizational (business, etc), but is equally applicable to families or

even personal life. The bulk of the book is charts and checklists, but they are very helpful. And they're terrific visual aids if you teach in any area of organizational development. I would think this would be great for helping professions also (therapists, coaches etc). It does include some background in cognitive psychology, to help you figure out where those ideas or behaviors are getting stuck. Type A personalities, and those really interested in personal growth, will probably want to read it chapter by chapter. But it lends itself to being just a reference guide, for those people who want to skip to the chapter that speaks to them or their organization personally.

Problems block and slow down your progress; here's how to overcome them—simply, efficiently and effectively. This book offers straightforward, empowering science-based solutions to problems, big and small, at work or in life. It takes a never before seen approach to problem solving, powerfully combining lessons from cognitive science, established problem-solving theory and vast practical experience. It includes a radical new approach to analysing problems: The Problem Matrix. This will transform your approach to problems, challenge your thinking and help you develop new, positive, solution-focused mindsets for the long-term.

From the Back Cover Turn Tricky Problems Into Wise Decisions You know you've got a problem when you're stuck. You want to do something, but you don't know what. Some problems can be fixed; others demand more innovative treatment. But if being stuck is a sure sign you're facing a problem, then the solution must be to take action. Deciding what to do is the key to success. Drawing on cognitive science, problem-solving theory and practical experience, *How to Solve Almost Any Problem* offers a radical new method to help you break out of dead-end thinking and take your problem-solving skills to a higher level. And, by looking at problems differently, you can make wise decisions about how to deal with them. The solutions that emerge from this method are actions that are focused, workable and successful. Once you've read *How to Solve Almost Any Problem*, you'll never be stuck for a solution again. **MARVEL** at the miraculous Problem Matrix! **BANISH** blame and resistance! **GASP** at the wickedness of wicked problems! **TRANSFORM** every headache into a dream! About the Author Alan Barker is the MD of Kairos Training Limited, a consultancy devoted to developing thinking and communication skills. He has been training and coaching for over 20 years, is a member of the UK Speechwriter's Guild and is the published author of over 10 books.