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The Motivational Interviewing Path to Personal Change

The Essential Workbook for
Creating the Life You Want

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About the Author

Michelle L. Drapkin, PhD, ABPP, is a board-certified psychologist who owns and operates the Cognitive Behavioral Therapy Center, and has worked in behavioral science for more than twenty years. She has trained thousands of health care professionals and industry leaders in motivational interviewing (MI).

- ✓ **Identify what you really want**
- ✓ **Start working toward your goals**
- ✓ **Discover ways to navigate challenges effectively**
- ✓ **Gain a more helpful perspective on life!**



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It's said that the only constant in life is *change*—and the truth is that change is hard! Whether you're looking to get started on a new career path, improve your relationships, take charge of your finances, or overcome harmful behaviors, making positive life changes can be a daunting challenge. If you're unsure of where to start, this essential workbook will help you identify your goals and connect with the motivation needed to achieve *real* and lasting change—healthily, happily, and sustainably.

This empowering guide leverages the science of behavior change to help you get started on your true path, so you can create the life you *truly* want. Using skills and strategies drawn from motivational interviewing (MI), cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT), you'll create an action plan that works for *you*, and make a commitment to positive changes that are aligned with your values. If you're ready to embark on a journey of personal growth, let this workbook guide you to take the important first step.

“This book gently asks compassionate and important questions, teaching us how to listen to our own deepest yearnings.... Highly recommended.”

—Steven C. Hayes, PhD, originator of ACT



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