

# Contents

Toolbox CD of Personal Growth Exercises for Clients	xiii		
<b>PART ONE: INTRODUCTION AND THEORY</b>		<b>PART THREE: AREA-SPECIFIC INTERVENTIONS</b>	
1. Quality of Life Therapy (QOLT): An Introduction	3	11. Goals-and-Values and Spiritual Life	173
2. Happiness through the Ages and Sages	12	12. Self-Esteem	187
3. QOL Theory	18	13. Health	201
4. How to Do QOLT	37	14. Relationships	211
<b>PART TWO: CORE TECHNIQUES IN QOLT</b>		15. Work and Retirement	236
5. QOLT Assessment: Integrating QOL with Traditional Health Assessments	47	16. Play	249
6. Sharing Case Conceptualizations with Clients	63	17. Helping	264
7. The Three Pillars of QOLT: Inner Abundance, Quality Time, and Find a Meaning	78	18. Learning	272
8. <i>Five Paths to Happiness</i> and Other CASIO Techniques	90	19. Creativity	280
9. The Tenets of Contentment: A Summary of Key Concepts and Skills in QOLT	101	20. Money and Standard of Living	289
10. Emotional Control and Life Management Skills in Goal Striving	144	21. Surroundings: Home, Neighborhood, and Community	299
		22. Relapse Prevention and Maintenance	310
		References	329
		Author Index	341
		Subject Index	347

