



Why You Do What You Do

By Bobb Biehl

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This book is a result of more than 40,000 hours of behind-the-defenses experiences with some of the finest, emotionally healthy leaders of our generation. This model was developed to maximize healthy people with a few emotional mysteries still unanswered. 1. Why do I have a phobic fear of failure, rejection, or insignificance? 2. Why am I so driven to be admired, recognized, appreciated, secure, respected, or accepted? 3. Why am I an enabler, leader, promoter, rescuer, controller, people pleaser? 4. Why am I a perfectionist, workaholic? 5. Why are pastors vulnerable to affairs? 6. Where am I the most vulnerable to temptation? 7. How do I guard against temptation? 8. Why do I have such a hard time relating to my parents when I love them so much? 9. Why do my parents sometimes seem like such children? These and other emotional mysteries can be understood and resolved in the silence of your own heart without years of therapy.

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Editorial Review

Review

Would you like the key to understanding Why you do what you do? Why you react to a criticism or compliment the way you do. Why something leads to repetitive patterns of frustration or success? This book takes the guesswork out of so many of the questions of life and helps you learn not only why you do it, but how you can change what needs to be improved. --Alan E. Sears, President, CEO and General Counsel, Alliance Defense Fund, Scottsdale, Arizona

This is the fastest tool I have ever seen for getting right to the heart of the really emotional issues, a profoundly simple understanding of both problems and solutions in lay terms. --Stephen Arterburn, Founder and Chairman, New Life Ministries, Host of the nationally syndicated New Life Live! daily radio program, Laguna Beach, California

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About the Author

Bobb Biehl is an executive mentor. In 1976, he founded Masterplanning Group International. As its president, he has consulted personally with more than 400 clients. In that time he has met one-to-one with over 2,500 executives (board members, senior executives, and staff members) and spent an estimated 35,000 hours in private sessions with some of the finest leaders of our generation. His clients are primarily: 1. Large or fast growing churches 2. Non profit organizations 3. For profit corporations and 4. Government agencies. Based on these thousands of hours of practical "rubber-meets-the-runway" experience, he has originated 35 resources (books, tapes, notebooks) in the area of personal and organizational development.

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