

USING POWER PSYCHOLOGY TO IMPROVE THE QUALITY OF YOUR LIFE



By Michael Abruzzese, MA, MA, PhD., HSPP

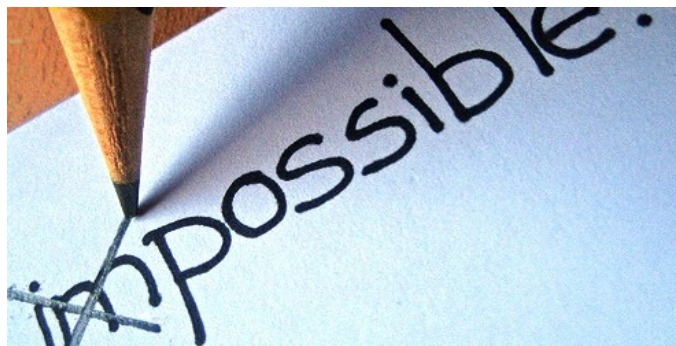
FIRST, WHAT IS "POWER PSYCHOLOGY"?

It is a simple solution to complex personal problems. Psychology is the science of understanding human behavior. Human behavior, of course, is complex and what seems obvious is not always the case. People have been studying – and trying to improve - human behavior since the philosopher Epictitus lectured in the public square of ancient Greece and it is considered that the European struggle between religion and philosophy was the beginning of modern psychology. In fact, some psychologists still consider the Bible an excellent example of the practical uses of power psychology.

But it wasn't until the emergence of modern philosophers in Europe and America that psychology became a separate discipline of learning and knowledge. Philosophers, such as William James, who taught at Harvard University in the 19th century, are often considered the direct "grandfathers" of modern psychology and nearly everybody knows the name of Sigmund Freud, the famous 19th century Viennese physician, who was among the first authorities to write and argue persuasively about "psychology" and how previously hidden and unsuspected "psychological processes" were actually responsible for all human behavior on a daily basis.

We've come along way since then and modern science, such as Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) and a veritable alphabet soup of other diagnostic assessment tools, have continued to show that human behavior is caused by "hidden psychological processes" - which is just a fancy way of saying "stuff we do that we usually don't think about very much":).

Power psychology is simply a way of taking what the scientists have found in their laboratories out about our "hidden psychological processes" and taking it out of the laboratories and giving it to people in a way that they can use the actual scientific research results in the real world and in their real lives to make real and powerful changes in their behavior and in others' behavior to



improve the quality of their lives and the lives of people that they love. We take these powerful scientific psychological techniques and turn them into Power Psychology Tips for Living (PTL).

HOW CAN POWER PSYCHOLOGY HELP ME?

It can help you change your life for the better. Using power psychology techniques can help people overcome their personal obstacles, ease their tendencies towards self-sabotage and set and achieve goals. But the techniques are not complicated – Power Psychology is really is very easy to use and almost impossible to screw up, but you do have to learn them and use them. Once you know the various techniques to use and practice, it gets easier and easier.

WHEN CAN I GET STARTED?

Right now. There are only four steps to learning PTL –you just have to **PACE** yourself.

P - You have to Practice. This PTL was first revealed to me in graduate school by a Toll Booth collector – who didn't look like a philosopher, psychologist or scientific researcher – when I and several graduate school colleagues were on a road trip and asked him, “How do we get to Yankee Stadium?” He shook his head and said, “Practice, practice, practice!”



But he was only half right. It's not just any old type of practice – you have to practice **CORRECTLY**. I learned this from Jim, my martial arts instructor – who also didn't look like a philosopher, psychologist or scientific researcher -as I was gazing at the ceiling after being sent flying. “Practice does not make perfect,” Jim said, shaking his head. “**PERFECT** practice makes perfect.” So not only must one learn a technique, one must learn it and practice it **CORRECTLY**!

A - You have to be Aware. Like my trip to Yankee Stadium, you have to know something exists before you can even think about the possibility of going there. So before you can learn the PTL, you have to be aware of what they are. So you have to learn them – which is easy, because in all the PTL series, the necessary techniques are explained to you. You just have to know where to look for them, and that will be easy.



Awareness is of **VITAL** importance. Most people are only dimly aware of really what is going on around them. That is because most people have **TRAINED** themselves to **NOT** pay attention to their own environment. PTL will show you why it is important to **TURN OFF** the “Do Not Pay Attention” switch and, instead, turn it **ON**!

C - Cogitate. Well, this is a twenty-five cent word that really just means “**think**” – but what good is having a PH.D. if you can't use a few fancy words now and then? OK; I promise that's the last fancy word I'll use.... for a little while, anyway. :) We do know from psychological research that life-long learning and always learning new things is the best way to ward off age-related memory loss and other poor thinking conditions. PTL is a teaching and learning experience and you do have to think about what PTL presents to you. Not only will you learn new things, you may be able to train your brain to be smarter for a longer time!

 **Mental Note**

Thinking is really important. There is no shame in thinking things through, or being smart, or using what you know, even if others around you don't know what you know. Nobody can know everything and everybody knows things that other people don't – that's just a fact of life. So learn and grow as a person and show what you know to others and learn what they have to show you, too. It's all part of being **AWARE** of what's going on around you.

E - Experience. PTL is about taking what science has learned in the laboratories and putting it to use in your own life, in the real world, starting today. You need to take what you learn from PTL and **PUT IT INTO PRACTICE IN YOUR LIFE**. Don't just cogitate, um, sorry; I mean: Don't just THINK about what you've read so far, put it into practice – EXPERIENCE it. Life is about experiences, not simply observations.

 **Mental Note**

Where do you want PTL to take you today? Your ability to improve areas of your life is usually limited by a lack of goals, dreams or desires. Make PTL an everyday part of your life for improvement in lots of little areas as well as big ones. Start today – it all starts with you. It always starts with you. Right here. Right now. So let's get started and the next section is your first lesson.

READY TO GET STARTED?

You can start right now - BEFORE you decide to order any of the PTL series. By doing a little assignment I have for you to do: Simply start to **PACE** yourself now – just by being **aware** of what's going on around you and in your life that you might like to improve upon. **Practice** being aware of what you want to improve upon and making lists is an excellent way to do that. **Cogitate**/think about how you might like to change some things. Make a list – make many lists - The **experience** of making lists increases awareness and helps you focus on what's important to you. A written list is better, but it can be just a mental list. But only put three things on each of your lists – one can be for work, another can be for home, family – whatever crosses your mind. And, again, **cogitate**/think about how you might improve things in your life.

TAFN...

That's **All For Now** – whew, isn't that enough? Whenever you're ready for more, check out the next article in the PTL series that interests you. Our topics include:

- Eliminate Worry
- Make the Most of Your Job
- Obtain More Joy
- Speed Reading
- Stop Procrastination
- Improve Your Child's Grades
- Lose Up To 6 Lbs. This Month
- Tighten Your ABS
- Sleep Better

We do offer coaching sessions as well through the internet, phone and email, but I recommend you wait until you've tried PTL in a few areas of your life first. Until then,

Best Wishes from

DR. A*

Michael Abruzzese, Ph.D.
TotalSchoolSuccess.com, TheClinicalPsychologist.com