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Vilhauer, PhD. Emory
University Psychologist
Pioneers “Future
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Provides a Road Map
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Thinking to Break
Through the Barrier.

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Therapy (FDT) is a new
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helps people create

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positive future is the
key to well-being and
mental health. Yet
when many people
think of the future they
experience anxiety,
depression, fear, self-
doubt, and feelings of
being overwhelmed.

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about creating a better
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/ Jennice Vilhauer. p. :

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Cognitive
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**Think Forward to
Thrive : How to Use
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Anticipation To**

Think Forward to
Thrive, by Jennice
Vilhauer, is a useful
book for thinking about
your life and learning
to thrive. She calls it
Future Directed
Therapy (FDT). Here
are some quotes: "One
hypothesis of Future
Directed Therapy (FDT)
is that the desire to

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pursue rewards and to
thrive promotes the
evolutionary
progression of
humankind.

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Transform Your
**OUR SYSTEM: 'Think
Forward to Thrive'
Quotations...**

Being excited about
future rewards is a
fundamental human
desire, says
empowerment coach
Remy Blumenfeld You
already know how
having fun things to

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look forward later in the day, or on the weekend can help make a sad or boring day tolerable. Now multiply that effect by 100. Thinking forward six months into your future can be transformative.

Think Forward to Thrive - Vitality Guru

About the author Jennice Vilhauer, PhD, is the author of Think Forward to Thrive. A

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psychologist at Emory University in Atlanta, Georgia, she specializes in the area of future directed thinking and developing skill-based methods by which people can learn to create positive future thought and action. Follow her on Twitter @jennicevilhauer.

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their future with
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Identify what you want
in life

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Identify what you want
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limiting beliefs * Take
action * Live ready for
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**Jennice Vilhauer,
PhD ...**

Think Forward to Thrive is filled with information and step-by-step exercises to help you: * Overcome negative emotions * Identify what you want in life * Transform limiting beliefs * Take action *...

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