



Think Forward to Thrive:

How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life
by Jennice Vilhauer, PhD

Emory University Psychologist Pioneers "Future Directed Therapy" and Provides a Road Map for Anyone Stuck in Life to Employ Future Thinking to Break Through the Barrier

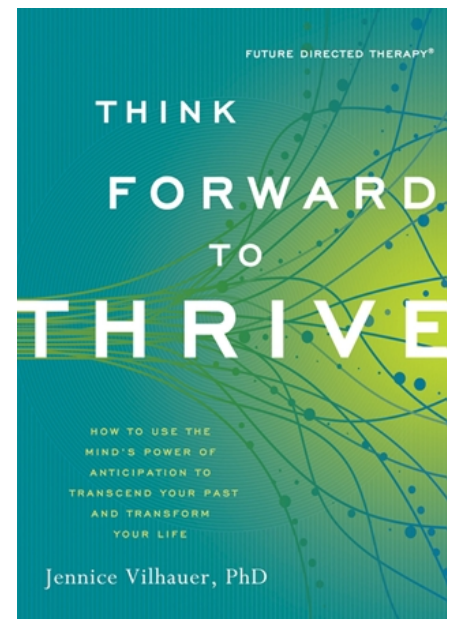
Easy-to-Follow Steps and Tools Guide People Out of Depression, Alienation, Stagnation and More

Is it truly your past that informs your life? Most people are stuck in reverse. Their memories of the past influence what they expect in the future and they act accordingly, which creates a self-fulfilling prophecy. They relive the past over again in their minds—thinking about and dreading what they DON'T want to experience.

But in the landmark book **Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life** Dr. Jennice Vilhauer, Emory University psychologist, says you can train yourself to set your sights on the future, which can be the actual determination of your life to come. By thinking about and visualizing the future, the mind begins to create the problem-solving steps and thoughts that can actualize what you DO desire, not what you fear will occur from your past. *In other words, it's time to step on the gas, and get out of reverse!*

Dr. Vilhauer has pioneered "Future Directed Therapy (FDT)," an acclaimed new paradigm shift in the field of psychology, which has historically focused on the past as a way to help people overcome emotional problems. As she notes in the book--which stands on the foundation of cutting-edge cognitive theory about the anticipatory nature of the brain--anticipating a positive future is a key factor in well-being and mental health. Yet, when many people think of the future, they experience anxiety, depression, fear, self-doubt, and overwhelm.

So **Think Forward to Thrive** provides the actual steps and tools to retrain oneself out of old habits and into the new habit of positive Future Thinking. It's the first book to break down the science into an easy step-by-step guide for the lay person with simple, specific life-transforming skills. Each chapter in *Think Forward to Thrive* includes practice assignments, tips for thriving, and exercises intended to enhance the learning process. While other books talk about creating a better life, this book actually guides people through the process in a specific and concrete way. But **Think Forward to Thrive** isn't just about breaking free from depression, alienation and stagnation, it's about ***thriving!*** This manual will appeal to anyone seeking an alternative way to improve emotional well-being and achieve more from life.



Dr. Vilhauer developed “Future Directed Therapy,” after seeing many of her patients plateau without moving forward or getting healthier. It was only when she began helping them to clarify and focus on what they truly wanted in their future that they began to improve. Over five years working with people in 10-week workshops, Dr. Vilhauer developed the techniques offered in the book and that are increasingly being adapted by other professionals across the country.



Dr. Vilhauer, director of the Adult Outpatient Psychotherapy Program at Emory in Atlanta and assistant professor in the Department of Psychiatry and Behavioral Science at the School of Medicine, says: “Our hypothesis in FDT is that the desire to pursue rewards and to thrive promotes the evolutionary progression of humankind. Every human invention, from the first stone tool to the supercomputers we use today, has been driven by the desire to improve our circumstances. In order for forward movement and thriving to continue, there must always be a difference between where we are in life and where we want to be. Humans need to want things in order to keep moving forward. And what we want is always in the future.”

In this illuminating book, Dr. Vilhauer, explores:

- How Future Directed Therapy helps depression
 - How is it different from other psychotherapies
 - Why future thinking is so important to emotional well-being
- How FDT fits in with the mindfulness movement
 - The top three tips for redirecting thoughts toward a positive outcome

Think Forward to Thrive: How to Use the Mind’s Power of Anticipation to Transcend Your Past and Transform Your Life, \$17.95, is available at NewWorldLibrary.com, Amazon.com, BarnesandNoble.com and at leading booksellers across the nation.

Title: *Think Forward to Thrive: How to Use the Mind’s Power of Anticipation to Transcend Your Past and Transform Your Life*

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What They are Saying...

“Jennice Vilhauer’s breakthrough book turns psychotherapy on its head. Instead of focusing on regrets and worries, she moves us toward the future to achieve personal growth and well-being. In a masterstroke for positive psychology, she gives us a compelling, step-by-step method for reaching our potential.”

— **Jesse H. Wright, MD, PhD, coauthor of *Breaking Free from Depression* and *Learning Cognitive-Behavior Therapy***

“If you feel stuck or find yourself struggling to meet your goals, this may be the most important book you will ever buy.”

— **Marissa Burgoyne, PsyD, psychologist, Pepperdine University**

“A breakthrough direction in psychotherapy. This book revives the promise of advancing one’s quality of life by actively working toward a better future.”

— **Waguih William IsHak, MD, clinical professor of psychiatry, David Geffen School of Medicine, UCLA**

“Jennice Vilhauer has created a reader-friendly guide, loaded with powerful exercises and grounded in clinical expertise, to help readers develop skills that will steadily manifest more authenticity and fulfillment in their lives. A welcome gift.”

— **Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being***



Jennice Vilhauer, PhD
Biography
Author of Think Forward to Thrive



Jennice Vilhauer, PhD, is a psychologist at Emory University in Atlanta, Georgia, who 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. Her research is focused on the integration of mindful consciousness and future directed thought as mechanisms for recovery and wellness. The developer of Future Directed Therapy, she has over twelve years of experience helping clients to create better futures, and she is responsible for training other psychologists and psychiatrists in the field of cognitive therapy.

Dr. Vilhauer is the director of Emory's Adult Outpatient Psychotherapy Program in the Department of Psychiatry and Behavioral Science in the School of Medicine. She formerly served as the clinical director of the Adult Outpatient Programs as well as the director of Psychology Training in the Department of Psychiatry and Behavioral Neurosciences at Cedars-Sinai Medical Center in Los Angeles. She was also an assistant clinical professor with the Department of Psychology at the University of California, Los Angeles (UCLA). She completed her undergraduate training in psychology at UCLA and her graduate training at Fordham University, followed by postdoctoral training at Columbia University.

Her website is www.futuredirectedtherapy.com



Suggested Interview Questions for Jennice Vilhauer, PhD, author of *Think Forward to Thrive*

Psychologist **Jennice Vilhauer, PhD**, is the director of the Adult Outpatient Psychotherapy Program at Emory University and has more than twelve years of experience with clients. She lives in Atlanta, GA and her website is FutureDirectedTherapy.com.

1. What is Future Directed Therapy?
2. Why did you develop FDT?
3. How exactly does it help depression?
4. How did you come up with the idea?
5. Is there any research to show that it really works?
6. How is it different from other psychotherapies?
7. Don't all psychotherapies focus on the future?
8. Why is future thinking so important to emotional well-being?
9. What about the idea of being in the present moment?
10. How does FDT fit in with the mindfulness movement?
11. What are some of the unique skills?
12. How is *Think Forward to Thrive* different from other books about how to create a better future?