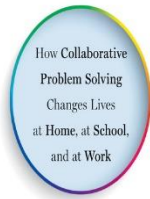


change-able



J. Stuart Ablon, PhD  
Director of Think Kids at Massachusetts General Hospital

# Changeable: How Collaborative Problem Solving Changes Lives at Home, at School, and at Work

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Why is it so hard to change problem behavior—in our kids, our colleagues, and even ourselves? Conventional methods often backfire, creating a downward spiral of resentment and frustration, and a missed opportunity for growth. What if the thinking behind these old methods is wrong? What if people don't misbehave because they want to, but because they lack the skills to do better? Or as renowned psychologist Dr. Stuart Ablon asks, what if changing problem behavior is a matter of skill, not will?

Based on more than twenty-five years of clinical work with juvenile offenders as well training parents, teachers, counselors and law enforcement, and supported by research in neuroscience, Changeable presents a radical new way of thinking about challenging and unwanted behavior — Collaborative Problem Solving — that builds empathy, helps others reach their full potential, and most of all really works.

With illuminating scientific evidence, remarkable success stories, and actionable insights, Changeable gives parents, teachers, CEOs and anyone interested in learning about why we behave the way we do a roadmap for helping people grow.