



Building a Better Life: A Good Lives and Self-regulation Workbook

By Pamela M. Yates, David Prescott

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The good lives and self-regulation models are emerging as effective approaches for treatment of sexual offenders. Until now, clinicians had no unified method to implementing these models. From leading experts on these models and the co-authors of *Applying the Good Lives and Self-Regulation Models to Sex Offender Treatment*, *Building a Better Life* is a comprehensive workbook intended for use as a part of an integrated treatment program. It emphasizes the establishment of desirable goals toward which the client can work. This builds on the fundamental principles of the good lives model and on research findings that approach goals are inherently more attainable than avoidance goals; that people who build their lives around approach goals tend to be happier and less distressed than those who organize their lives around avoidance goals. *Building a Better Life* is a must-have resource for clinicians integrating the good lives and self-regulation models into their practices.

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