



# Change Your Questions, Change Your Life

*Wendy Watson Nelson*

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## **Change Your Questions, Change Your Life** Wendy Watson Nelson

As a young boy, Joseph Smith asked a question that not only changed his life forever but also changed the world. Truly, questions are powerful agents of change. Do you want better relationships? Ask better questions. Do you want a great life? Learn to ask great questions. The questions we ask ourselves and others can significantly influence the kind of lives we create. They can motivate or they can demoralize. They can increase our ability to solve problems or they can make situations worse. Sharing information based on more than 25 years of clinical research and practice, Dr. Wendy Watson Nelson helps readers look at the questions in their lives and the influence of those questions on their relationships, their challenges, and their beliefs. In her first book since marrying Elder Russell M. Nelson of the Quorum of the Twelve in 2006, she discusses how our questions influence our attempts at problem solving and shares seven questions that can change our lives. Full-color graphics and illustrations throughout help readers visualize these important concepts.

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