



49 Ways to Think Yourself Well - For Tablet Devices: Mind science in practice, one step at a time (The 49 Ways to Well-being Series)

Jan Alcoe, Emily Gajewski

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Written by two highly experienced therapists and trainers, 49 Ways to Think Yourself Well is a unique, dip-in guide full of information, techniques and simple practices to recover, protect and enhance well-being, using the tools within our minds. Drawing on a wide range of tried and tested psychological approaches to improving mental health and well-being, including cognitive behaviour therapy, hypnotherapy, mindfulness, NLP and much more, this book makes the links between our thinking, emotions and behaviour, in order to give us back control over our well-being. Lay the foundations of well-being: Deal with stress, anxiety and worry; Control negative thinking and avoid depression; Reduce anger; Improve physical health and sleep; Set goals and boost motivation; Enhance assertiveness and confidence; Improve communication and relationships; Change unhelpful patterns; Reach the peak of well-being; Glossary, references and further resources.



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