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Manage Your Mind: The Mental Fitness Guide (2nd Revised edition)

By Gillian Butler, Tony Hope

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Manage Your Mind: The Mental Fitness Guide (2nd Revised edition), Gillian Butler, Tony Hope, Just as simple measures - regular exercise, a sensible diet - keep your body fit, there are attitudes and skills you can develop to build a healthy mind. In this book two leaders in their fields, one a psychiatrist and one a psychologist, set out strategies that will stretch, strengthen, and tune your mind, to help you cope with the rigours of everyday life. The mind is a powerful tool, but without the right training, your moods, thoughts, and behaviour can sabotage your goals and cause depression and anxiety. Manage your Mind shows you how to keep mentally fit - how to tap into your mind's power - so you can enjoy your life to the fullest. Through the powerful, tested techniques they clearly outline, Gillian Butler and Tony Hope will teach you to: * Build self-confidence * Overcome anxiety and depression * Take control of your present and future * Establish and maintain fulfilling relationships with family, friends, and co-workers * Free yourself from fears and persistent worries * Break bad habits * Relieve stress *...



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