



This Book Will Make You Happy (Paperback)

By Jessamy Hibberd, Jo Usmar

Quercus Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. How to beat low mood and lead a happier, more satisfying life. We all experience periods of feeling low, frustrated and lacking in energy - but ignoring the problem and struggling on can start to affect all areas of your life. Help is at hand: this concise little book shows you how you can reverse negative thoughts and emotions and make yourself happier and more confident. Psychologist Dr Jessamy Hibberd and Jo Usmar draw on the very latest research in cognitive behavioural therapy (CBT) and modern psychology to give you practical, proven techniques and exercises to combat low mood and, more importantly, build your self-esteem and wellbeing and make you healthier and more fulfilled. Chapters include: Positive strategies, Controlling emotions, Rewarding yourself, Combating guilt, Better rest and sleep, Mental exercises, Breaking negative thought patterns, Relaxation techniques. Praise for the This Book Will series: Top tips for making your life loads better. Cosmo The answer to all my problems. Katie Piper Take on January with new-found serenity with this series of self-help books Stylist.



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