



## Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way

By Shane Pascoe, Graham Law

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way, Shane Pascoe, Graham Law, A practical, inspirational guide to managing your moods, improving your outlook, and beating stress and anxiety Feeling overwhelmed, overstressed, or just plain down about life? This book is the cure for what ails you. Mood can affect every aspect of your life, from your performance at work to your personal relationships, and being able to take control of your moods, rather than have them control you, is something all the most successful people have in common. Combining techniques from two powerful, complementary therapeutic approaches- Cognitive Behavioural Therapy and Mindfulness-Feel Good is an everyday mood control book that can help you keep your spirits and your confidence high, and instill you with a more upbeat, positive, can-do attitude, come what may. \* A source of inspiration for world-weary nine-to-fivers and an expert guide to beating stress and anxiety \* Combines the latest research and proven techniques and practices from two powerful therapeutic approaches: CBT and Mindfulness \* Packed with practical information on how to start feeling happier and more positive about life, and...



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Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most successful mumpreneurs 'Millionaire Mumpreneurs' isn't about traditional...



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Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



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Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...



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### **Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...