



## Think About Your Thinking: To Stop Depression

By Nicola L. Ridgeway, James Manning

W Foulsham & Co Ltd. Hardback. Book Condition: new. BRAND NEW, Think About Your Thinking: To Stop Depression, Nicola L. Ridgeway, James Manning, A title for the family too - outside, support is difficult because you don't know what's going on - to outsiders this book is very, very helpful. This is an entirely practical approach for sufferers. It is the product of an understanding built on testing patient materials in clinical conditions. On a daily basis the authors used and amended their tools to help their patients through this dreadful disease. They learned what worked best and most regularly. Then refined it into this valuable tool. 'people have had to pay GBP 1,000 in therapy for what is achieved here in just a few pages' - Laurie Seiler, author of "Cool Connections with Cognitive Behaviour Therapy".



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