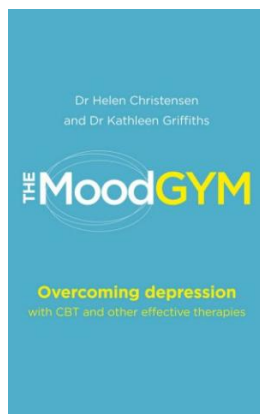


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## THE MOOD GYM: OVERCOMING DEPRESSION WITH CBT AND OTHER EFFECTIVE THERAPIES



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Mood Gym: Overcoming Depression with CBT and Other Effective Therapies, Helen Christensen, Kathy Griffiths, All of us feel anxious from time to time, but for one in six people in the UK chronic depression can become unbearable and severely disrupt everyday life. "The Mood Gym" is an interactive programme designed for those who would like to manage existing negative emotions and prevent mental health problems in the future. Drawing on the...

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