



Ten Steps to Positive Living (2nd Revised edition)

By Windy Dryden

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Ten Steps to Positive Living (2nd Revised edition), Windy Dryden, This classic book has inspired thousands with its sensible, can-do advice. Ten easy steps to a new you! Written in a typically practical and straightforward style, this popular book shows how to develop a truly positive outlook. These ten steps outline skills to help people to take control, be flexible, accept reality, develop self-acceptance, accept change and improve relationships. Steps may be followed in order, or taken individually as required. The book has been updated in line with current therapeutic thinking, with particular emphasis on the concepts of resilience and mindfulness.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**