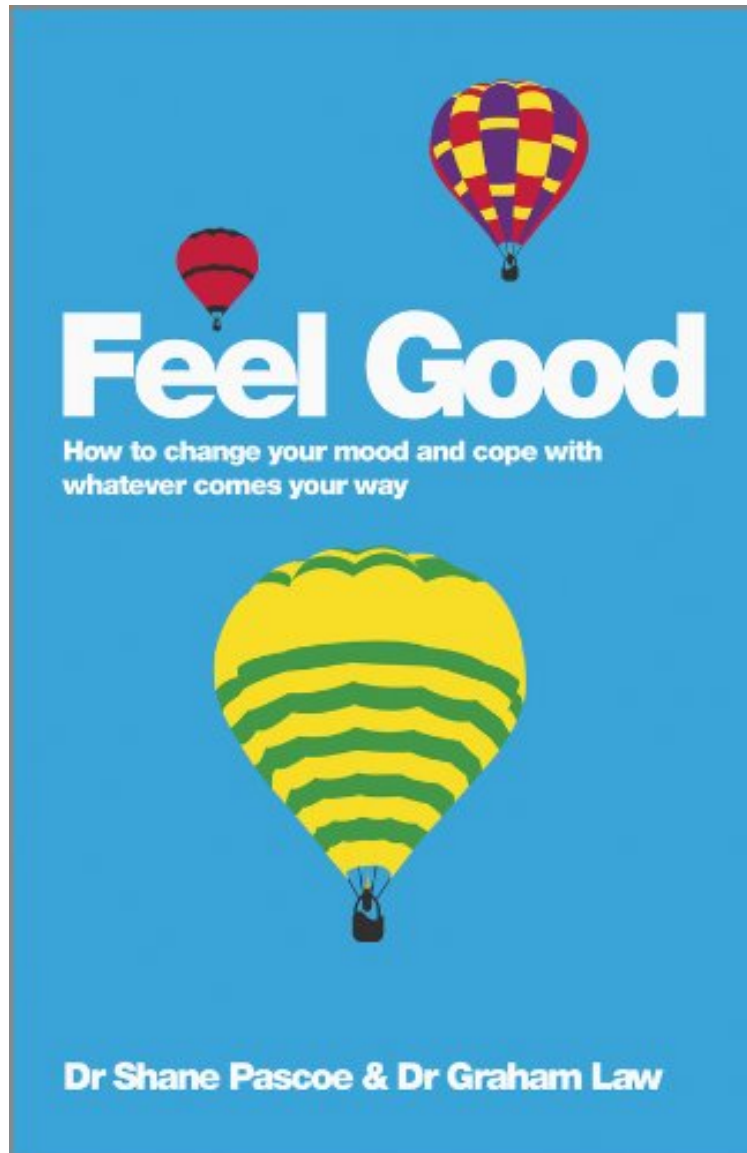


[DOWNLOAD] Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way

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

Shane Pascoe, Graham Law

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#999555 in eBooks 2013-12-23 2013-12-23 File Name: B00HLHLVPI | File size: 43.Mb

Shane Pascoe, Graham Law : Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way:

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 optimize how you deal with people and situations in life and at work Designed for quick reference it lets you access practical information relevant to the mood yoursquo;re in at the moment

extremely readable and helpful (Erisea Magazine, October 2014)From the Back CoverLove being in a good mood? We all have moods that go up and down. It's great when yoursquo;re feeling good. You feel in control and upbeat about the day ahead. But if you are having a bad day, it can sometimes feel hard to lift yourself back up. Your mood can affect your performance at work and relationships at home, in good ways and bad ways. Being able to manage your mood, and not be dictated by it, can mean you are more successful in all areas of life. Happy or Unhappy? By learning to recognize why you feel the way you do, you can take control of your mood so that you feel more positive, regardless of what you have faced, or what the day will bring. Through practical tips and techniques grounded in research and theory, you will learn how to: Deal with all types of mood such as anger, distress, self-efficacy, unhappiness, well-being and self-esteem. Improve your attitudes and responses in any situation. Maintain your performance and relationships without your mood calling the shots. Develop coping mechanisms and strategies for improving the quality of your mood. Use relaxation strategies to help you deal with lifersquo;s sticky moments. From happiness to distress, and all moods in between, Feel Good will help you to effectively manage your mood and to lead a happier and more content life. Idquo;Seamlessly merges science, philosophy, psychology and spirituality into an accessible and empowering book.rdqquo; mdash;Hayley Del Sanderson, Principal and Founder, The Yoga Academy Idquo;The approach taken by Graham and Shane is extremely helpful, practical and easy to read; highly recommended as a reassuring self-help book and an adjunct book for therapists to use with clients.rdqquo; mdash;Dr Jane Cronin-Davis Chair of College of Occupational Therapist Specialist Section for Mental Health