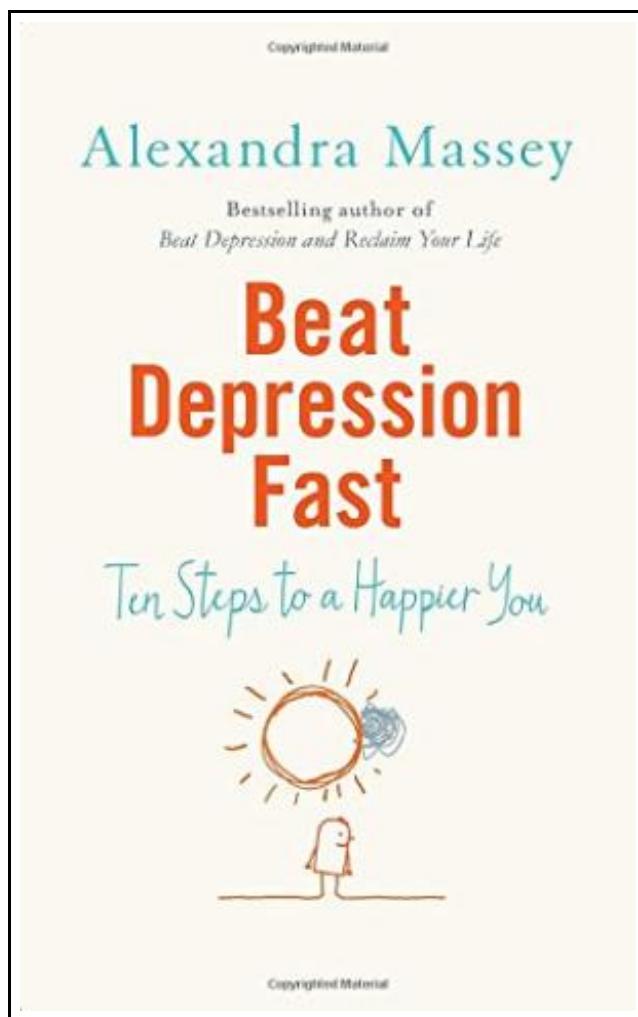


Beat Depression Fast: Ten Steps to a Happier You



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Beat Depression Fast: Ten Steps to a Happier You, Alexandra Massey, Alexandra Massey distils the essence of Positive Psychology, an approach which emphasises what's right about us rather than what's wrong, and combines it with an emphasis on the importance of acceptance of who we are in order to stop harmful self blaming. The book is both authoritative and empathetic - the author knows how you feel now and she also knows how you can feel better, sooner. Beat Depression Fast provides a ten-step programme the reader can follow in an easy, straightforward sequence that builds on their skills and strengths. The ten steps include: Acceptance Managing your emotions Using the power of your mind to better manage your mood Focusing on the here and now Bodywork - including diet, exercise and relaxation Healing the inner child Recognising your stumbling blocks Learning the importance of self-forgiveness.

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