



I'm Not Good Enough: How to Overcome Low Confidence

By Chris Williams

Darton,Longman & Todd Ltd. Paperback. Book Condition: new. BRAND NEW, I'm Not Good Enough: How to Overcome Low Confidence, Chris Williams, These amazing little books are potential life-savers. Using simple text and bold design, each book meets the reader at a point of low mood or unhelpful thinking, and guides them through rational thought processes to a more positive mood and a healthier outlook on life. Based on CBT, which aims to change patterns of thinking or behaviour that are behind people's difficulties and so change the way they feel (and currently the subject of major government investment), Pick Me Ups can enable readers to feel happier, to sleep better, to do more and to feel more confident. A royalty from each sale goes to Anxiety UK.



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