



Fix Your Drinking Problem in 2 Days

By Chris Williams

Paperback. Book Condition: New. Not Signed; 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. book.



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Reviews

I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).

-- Prof. Jeremie Kozey

This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhance once you total reading this publication.

-- Heath Prosacco