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By Arlene Unger

Apple Press, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Everyone wants to feel good about themselves and make courageous decisions, but few of us manage to sustain this all of the time. In unfamiliar situations it is easy to allow doubt, nerves and self-criticism to hold you back. It doesn't have to be this way! Here is the antidote to the negative thoughts that can lead to self-doubt. It is a book of mindfulness exercises - instant and effective ways to help you to replace negative thinking with positivity to uncover clarity and confidence within - wherever you are and whatever you are doing. This beautiful but practical title draws on a wide range of psychological techniques, including mindfulness, cognitive behavioural therapy and emotional brain training - all of them proven to work. The perfect size to keep in a handbag or pocket, this book has been designed as a tool to keep close by, and to turn to when you need a boost of courage.



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