



This Book Will Make You Happy

Jo Usmar, Jessamy Hibberd

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We all experience periods of feeling low, frustrated and lacking in energy--but ignoring the problem and struggling on can start to affect all areas of your life.

Help is at hand: this concise little book shows you how you can reverse negative thoughts and emotions and make yourself happier, and more confident.

Dr. Jessamy Hibberd and Jo Usmar draw on the very latest research in cognitive behavioral therapy (CBT) and modern psychology to give you practical, proven techniques and exercises to combat low mood and, more importantly, increase the happiness in your life. Their friendly, results-driven approach will make you happier, healthier and more fulfilled.

Chapters include:

- Positive strategies
- Controlling emotions
- Rewarding yourself
- Combating guilt
- Better rest and sleep
- Mental exercises
- Breaking negative thought patterns
- Relaxation techniques

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