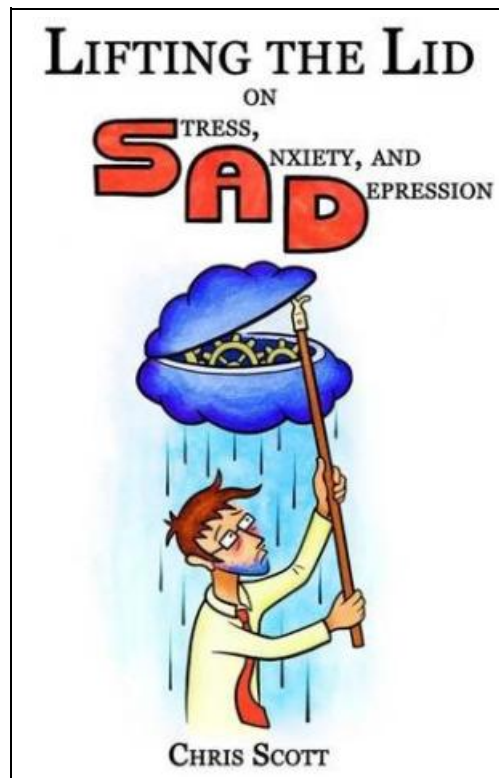


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LIFTING THE LID ON STRESS, ANXIETY AND DEPRESSION (PAPERBACK)

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Spiffing Covers, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In his new book, Chris Scott highlights in a winning and personal way the key elements of our various depressions and anxieties together with some exercises that help greatly to unpick the processes and habits that can cause and perpetuate both, whilst developing healthy new ones. There is lots of up-to-date neuroscience and fascinating new information about mental-with-physical health issues that certainly helped me to appreciate better how I tick . So, having lifted the lid, Chris ensures that we are not left feeling like Pandora. We are given every good reason to feel we can address issues and to have hope of recovery. Dr Chris Manning MRCGP, Mental health policy lead for the College of Medicine. This delightful book is an extended version of its highly successful predecessor Lifting the Lid on Depression. Expanded to include stress and anxiety, this edition highlights key information needed to understand those conditions, as well as how to move out of depression. Its format makes it easy to understand and a delight to read, even when concentration might be difficult. It is full of good sense and practical advice, given in a friendly, approachable way. As a therapist I have used the earlier version of this book with very many depressed clients and can attest that the methods outlined work well. People quickly learn new life skills to help them feel better and then maintain those changes in the longer term. Many people enjoy returning to the book from time to time, even once they are in good health. I know this updated version will also be a huge help to many people. Anita Dale MA, Psychotherapy and hypnotherapy practitioner.

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