The Little Book of Thinking Errors: A Self-help Guide to Changing Unhelpful Thoughts

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This is a user friendly self help guide to understanding the link between what we think and how we feel. written by Psychologist and Cognitive Behaviour Therapist Kevin O'Doherty, the book describes the range of thinking errors that can play a part in psychological distress and unhappiness. The book goes on to give easy to use tips, guidance and advice to help you begin to replace unhelpful thoughts with ways of thinking that are much more helpful, realistic and supportive.

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