



Change for the Better: Self-Help through Practical Psychotherapy

Elizabeth Wilde McCormick

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Change for the Better is for anyone interested in making lasting changes in both their inner and outer lives. It uses a conversational style to help readers identify their own learned patterns of thinking and relating that underlie and contribute to emotional suffering such as depression, anxiety, phobia, eating disorders, relationship and psychosomatic problems. Elizabeth Wilde McCormick shows readers how to reflect upon their difficulties, identify problems in relating, and stop and revise attitudes that are out of date. Mindfulness-based experiential exercises are incorporated throughout to help nourish self awareness and change.

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