



Life Coaching: A Cognitive-Behavioural Approach

Michael Neenan, Windy Dryden

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The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. Derived from the methods of cognitive behaviour therapy, this book shows how to tackle self-defeating thinking and replace it with a problem-solving outlook. This book gives clear and helpful advice on:

- Dealing with troublesome emotions
- Overcoming procrastination
- Becoming assertive
- Tackling poor time management
- Persisting at problem solving
- Handling criticism constructively
- Taking risks and making better decisions.

This book will be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors and students of counselling.

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