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Title: **Manage Your Mind**

Author(s): **Butler & Hope**

Publisher: **Oxford University Press**

Year: **2007** ISBN: **0198527721**

For those that would like to reach their full potential and experience psychological well-being, this good, clear book offers simple, practical strategies to help the reader learn how to enhance their relationships, mood, health and work.

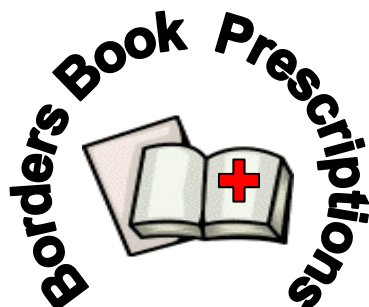
Contains useful sections on:

- Self-confidence and self-esteem
- Overcoming depression and anxiety
- Building and maintaining fulfilling relationships
- Breaking bad habits
- Relieving stress
- Learning to study effectively

(544 pages)

Readability: 

Cover Price: **£14.99**



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