

TEN DAYS TO SELF-ESTEEM: THE LEADERS MANUAL

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It doesn't have to be done in 10 days, really, and I felt taking my time with it was worthwhile. He is currently clinical associate professor of psychiatry at the Stanford University School of Medicine and is certified by the National Board of Psychiatry and Neurology. This is a very practical introduction to Cognitive Behavioural Therapy through a series of lessons and worksheets.

You believe the other person is despicable and deserving of punishment. You owe it to yourself to feel good! It is a process and it doesn't come naturally; it is hard work, a willingness to change your mental programming.

Abbreviations Often Used in This Manual. The New Mood Therapy. You express your feelings in a tactful way.