



Life Coaching: A Cognitive-Behavioural Approach

By 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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Life Coaching: A Cognitive-Behavioural Approach By Michael Neenan, Windy Dryden Bibliography

- Sales Rank: #2178382 in Books
- Published on: 2002-01-18
- Original language: English
- Number of items: 1
- Dimensions: .60" h x 6.08" w x 7.86" l, .56 pounds
- Binding: Paperback
- 200 pages

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Editorial Review

About the Author

Michael Neenan is Associate Director of the Centre for Stress Management, Blackheath, and a BABCP accredited cognitive-behavioural therapist. He has written or edited 12 books.

Windy Dryden is Professor of Counselling at Goldsmith's College, University of London and is an international authority on Rational Emotive Behaviour Therapy. He is the co-author (with Laurence Spurling) of *Becoming a Psychotherapist* and co-author (with Jill Myton) of *Four Approaches to Counselling and Psychotherapy*.

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