



## Managing Your Mind: The Mental Fitness Guide

By Butler, Gillian; Hope, Tony

Oxford University Press, 2007. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!  
 Summary: Introduction. 1. What to Expect from this Guide2. The Scientific BackgroundPart One: Two Principles of Underlying Mental Fitness. 3. Valuing Yourself4. Recognizing That You Can ChangePart Two: The Seven Basic Skills. 5. Managing Yourself and Your Time6. Facing the Problem7. Treating Yourself Right8. Problem-Solving: A Strategy for Change9. Keeping Things in Perspective: Help from Cognitive Therapy10. Building Self-Confidence and Self-Esteem11. Learning to RelaxPart Three: How to Improve Your Relationships. 12. The Importance of Relationships13. The First Key to Good Relationships: Being Fair to Yourself and Others14. The Second Key to Good Relationships: Recognizing Voices from the Past15. The Third Key to Good Relationships: Relationships as Systems16. Anger in Relationships (new)17. Sexuality and Intimate Relationships (new)Part Four: The Twin Enemies of Good MoodAnxiety. 18. Getting the Better of Anxiety and Worry, or Defeating the Alarmist19. Overcoming Fears and Phobias20. Stress: How to Live with the Right Amount of It21. Dealing with Panic: Controlling the Alarm SystemDepression. 22. Depression-The Common Cold of the Mind23. Digging Yourself Out of Depression24. How to Become Less Vulnerable to DepressionPart Five: Traumatic Experience (all new chapters). 25. Loss...



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