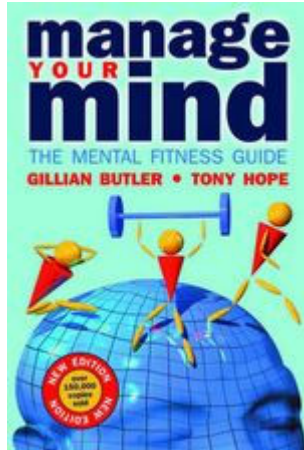


Binscombe Medical Centre

Book Recommendation



- **Paperback:** 499 pages
- **Publisher:** OUP Oxford; 2 edition (4 Jan 2007)
- **Language:** English
- **ISBN-10:** 0198527721
- **ISBN-13:** 978-0198527725

I would recommend this book to anyone prepared to spend a few minutes each day thinking about different ways of approaching situations to improve your life in general.

I can't remember why my wife bought me this book now but after reading it I changed in so many ways (for the better) that I managed to free up extra time for the things that are important to me, get over my fear of flying but more importantly gave me the confidence to get a new job. (Reviews posted on Amazon).

A practical, resourceful guide to the principles behind Cognitive Behavioural Therapy (CBT). Something of a “User’s Guide” for the brain!