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Gillian Butler*

*Managing Your Mind is a book
for building resilience,
overcoming emotional
difficulties and enabling
self-development. It is for
any of us who wish to
understand ourselves better,
to be more effective in day-*

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to-day life, to overcome current problems; or who want to support others in these tasks.

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DESCRIPTION Managing Your Mind is a book for building resilience, overcoming emotional difficulties and enabling self- development. It is for any of us who wish to understand ourselves better, to be more effective in day-to-day life, to overcome current problems; or who want to support others in these tasks.

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Mental Fitness Guide. A
blend of tried-and-true
psychological counseling and
no-nonsense management
advice grounded in the*

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principles of CBT and other psychological treatments, the book straddled two types of self-help literature, arguing that in one's personal and professional life, the way to success is the same.

Managing Your Mind The Mental Fitness Guide

In this video, we look at how to manage your mental health at work, and whether there is a 'right time' to talk about it. Homepage. Accessibility links. ... Managing your mind at work. 7:34 38 ...

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Is mental health pretty low on your list of priorities for managing diabetes? This may change your mind. Mental health affects so many aspects of daily life—how you think and feel, handle stress, relate to others, and make choices. You can see how having a mental health problem could make it harder to stick to your diabetes care plan.

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your body has an impact on
your physical health. You
are in big trouble if you
live on candy, chips and
root beer. Similarly, what
you dwell on in your mind
affects your mental health.
If your thoughts are self-
critical, obsessive and
anxious, you will not be
happy.*

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established a unique place
in the self-help book
market. A blend of tried-and-
true psychological
counseling and no-nonsense
management advice grounded
in the principles of CBT and
other psychological
treatments, the book
straddled two types of self-
help literature, arguing
that in one's personal and
professional life, the way
to success is the same.*

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help you develop the
positive attitudes and
skills that allow you to
overcome problems as they
arise and to lead a happier,
more productive life.*

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mind, the rest of your life
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addressing specific
problems.*

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