

## **Books - the healthy option**

The following titles are also available:

### **Polish**

Radosc Zycia (Feeling good)

Umysl Ponad Nastrojem (Mind over mood)

Zaradzaj Swoim Umyslem (Manage your mind)

Zrozumiec trauma (Understanding your reactions to trauma)

### **Spanish**

Autoestimas en 10 dias (10 days to great self-esteem)

### **French**

Etre bien dans sa peau (Feeling good)

Depression et anxiete: comprendre et surmonter par l'approche cognitive  
(Mind over mood)

Comment vaincre nos peurs (How to stop worrying)