

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)