



Twenty One Days to a New You: Dare to be Yourself! (Paperback)

By Cecilia D Felice

Orion Publishing Co, United Kingdom, 2011. Paperback. Book Condition: New. 194 x 114 mm. Language: English . Brand New Book. Award-winning clinical psychologist's step-by-step guide to transforming your life. Difficult life experiences can mean that we judge ourselves too harshly, believing everything our inner voice says about us to be true. Dr Cecilia D Felice, award-winning psychologist and broadcaster, weaves her own traumatic and ultimately successful personal story around life-changing exercises. Her 21-day programme - the time it takes to form a habit - is designed to reshape our negative thinking, releasing the potential we each have to live life to the full. Using cognitive behavioural therapy and mindfulness, you can learn to: . Embrace acceptance and set yourself free from your past. Say Yes! whenever an opportunity arises to learn something new about yourself . Learn to treat yourself well - inside and out.

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