



Change for the Better: Self-Help through Practical Psychotherapy

Elizabeth Wilde McCormick

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Change for the Better is for anyone interested in making lasting changes in both their inner and outer lives. It uses a conversational style to help readers identify their own learned patterns of thinking and relating that underlie and contribute to emotional suffering such as depression, anxiety, phobia, eating disorders, relationship and psychosomatic problems. It shows readers how to reflect upon their difficulties, identify problems in relating, and stop and revise attitudes that are out of date. Mindfulness-based experiential exercises are incorporated throughout to help nourish self awareness and change.

This bestselling book has helped many people find ways of dealing with everyday emotional difficulties, and also practitioners of psychotherapy work with their patients. Its continuing popularity has prompted this fourth edition which features up to date thinking and practice from Cognitive Analytic Psychotherapy and from mindfulness.

Elizabeth Wilde McCormick has been in practice as a psychotherapist for over thirty years. She is also a teacher, trainer and writer. She is a founder member of The Association for Cognitive Analytic Therapy at Guy's Hospital, London, and the author of a number of best-selling self-help books.

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