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- Free Yourself of Persistent Fears and Worries
- Come to Terms with Loss and Trauma

- SECOND EDITION -

Gillian Butler, Ph.D., and Tony Hope, M.D.

Managing Your Mind The Mental Fitness Guide

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Manage Your Mind Gillian Butler, R. A. Hope, 2007 Just as simple measures keep your body fit there are attitudes and skills you can develop to build a healthy mind In this book two leaders in their fields set out strategies that will stretch strengthen and tune your mind to help you cope with the rigours of everyday life New to this edition are chapters on sexuality anger in relationships trauma dealing with the past and loss and bereavement *Manage Your Mind* also includes up to date information on how to make decisions strengthen your memory stop smoking sleep better recover from alcohol abuse and more

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