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Build Your Resilience: CBT, mindfulness and stress management to survive and thrive in any situation by Donald Robertson (9781473679528)

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Build Your Resilience: CBT, mindfulness and stress management to survive and thrive in any situation Teach Yourself: Author: Donald Robertson: Publisher: John Murray Press, 2012: ISBN: 1444168738, 9781444168730: Length: 288 pages: Subjects

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Build Your Resilience: CBT, mindfulness and stress management to survive and thrive in any situation: Robertson, Donald: Amazon.com.au: Books

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Using Cognitive Behaviour Therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what's going on, and providing new tools for dealing with the situation.

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**5 Ways to Build Resilience Every Day - Mindful**

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