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Life Coaching: A cognitive behavioural approach

Michael Neenan, Windy Dryden

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The way we think profoundly influences the way we feel, so learning to think differently can enable us to feel and act differently. The first edition of *Life Coaching* successfully showed how to tackle self-defeating thinking and replace it with a problem-solving outlook, providing clear and helpful advice on:

Dealing with troublesome emotions

Overcoming procrastination

Becoming assertive

Tackling poor time management

Persisting at problem solving

Handling criticism constructively

Taking risks and making better decisions.

The new edition retains the key features, while offering a brand new chapter on the emerging topic of resilience as well updates throughout. It will continue to be invaluable to all those who are interested in becoming more personally effective in their everyday lives, and also to counsellors in practice and training.

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