

# Let go of your worries

## Slip bekymringerne

by Irene Henriette Oestrich



It is only natural to worry, but if the worrying takes over and becomes an eternal source of bad moods, it can take away the joy of life.

This book makes use of the cognitive principles and the wisdom of positive psychology and helps you build up your resistance and obtain freedom of mind, rather than being a slave to worries and problems. Read about how to give your thoughts a critical examination, how to stop the critical self talk, and learn how to create maximum well-being in your life by means of specific exercises and techniques from the book.

**Irene Oestrich**, a psychologist and professor, is among Denmark's leading experts in cognitive therapy and the author of several books. She is head of a centre for cognitive therapy and a clinician and a specialist in cognitive therapy supervision and cognitive coaching



#### SPECIFICATIONS

Pages: 256

Publication Date: 24. August 2011

#### Rights sold to

All rights available

#### PLEASE CONTACT

Rudi Urban Rasmussen

Literary Agent

rudi.u.rasmussen@jppol.dk

Tel. +45 20 89 31 88