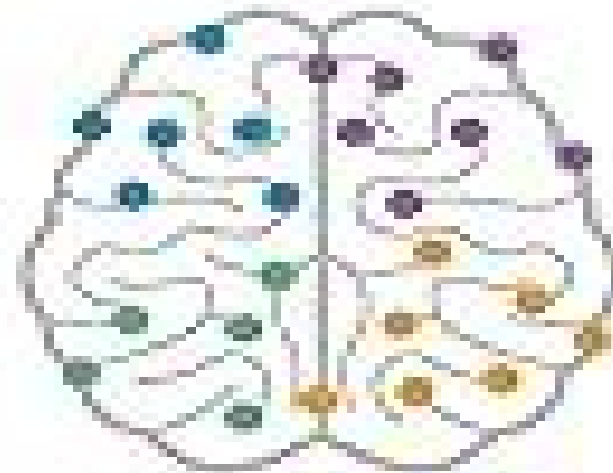


Managing Your Mind

Third Edition



THE MENTAL FITNESS GUIDE

Develop Your Full Potential

- Develop self-confidence and awareness
- Improve your relationships
- Build resilience and become your strongest self
- Develop good habits and avoid harmful ones
- Develop your personal and professional goals
- Develop your plans and manage your time
- Stay positive and motivated
- Stay healthy with fitness and diet

Gillian Butler, Ph.D., Nick Grey, D.ClinPsych,
and Tony Hope, M.D.

Manage Your Mind The Mental Fitness Guide

Daniela Niemeyer



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