

Ten Steps to Positive Living (2nd edition) (Paperback)

By Windy Dryden

SPCK Publishing, United Kingdom, 2014. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. This classic book has inspired thousands with its sensible, can-do advice. Ten easy steps to a new you! Written in a typically practical and straightforward style, this popular book shows how to develop a truly positive outlook. These ten steps outline skills to help people to take control, be flexible, accept reality, develop self-acceptance, accept change and improve relationships. Steps may be followed in order, or taken individually as required. The book has been updated in line with current therapeutic thinking, with particular emphasis on the concepts of resilience and mindfulness.



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