

Psychology Clinic – Group Therapy Service

Mood Management Course

You will learn:



Information about the vicious cycle of depression and anxiety



How to identify and practice activities that help you feel pleasure and achievement



How to identify and address unhelpful thinking habits



Strategies to tackle avoidance by breaking tasks down into manageable steps

Mood Management Course Manual

Lei Shi



Mood Management Course Manual:

Mood Management Course Manual Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Mood Management Course Manual**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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