



Help Yourself To Positive Mental Health

Howard Rosenthal, Joseph W. Hollis

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This work reveals 50 simple ideas and concrete activities to improve anyone's mental well-being. Written in a conversational style, this resource provides techniques and specific suggestions to combat depression, fear, loneliness, anger, a poor self-image, undesirable habits, poor communication, relationship difficulties and other problems. Step-by-step, the authors show the reader the way to positive mental health. All 50 ideas are introduced in the same straightforward format: a basic idea is presented on the right-hand page and a concise, one-page explanation that defines the concept and how to implement it is shown on the left.

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