

Easy Ways To Lift Your Mood

(overcoming low mood and managing depression)



***Jennie Willett
Dr Peter Connell***

Jennie Willett & Dr Peter Connell share their experiences in helping people to overcome low mood and depression by taking control of their life and creating their own happiness and enjoyment from living.

About the authors

Jennie Willett

As a lecturer in adult teacher education, specialising in the way people learn Jennie facilitated courses at a London college on personal development. Many of her students suffered from low mood, anxiety and depression prompting her to devise tasks to lift their mood. These tasks have been included in this book. Her private practice covers personal development, stress management and cognitive behaviour therapy. She can be contacted through TSL.

Dr Peter Connell

As a General Practitioner for forty years Peter was dealing on a daily basis with patients suffering from depression, anxiety and a range of similar illnesses whether expressed or hidden. He found talking therapies often worked better than medication. This book incorporates many of those successful methods that eliminated the need for medication.

Reviews

With plenty of professional advice listed simply as bullet points, this book is really easy to read and provides many useful ways to help you combat depression. I would definitely recommend. [5*]
Helpful, interesting and easy to read! A great book for depression sufferers, their friends/families and for us all. [5*...]

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