



# **Rethink it!:** Practical ways to rid yourself of anger, depression, jealousy and other common problems

*Michael Cohen*

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## **Rethink it!: Practical ways to rid yourself of anger, depression, jealousy and other common problems**

Michael Cohen

Rethink it gives practical advice on tackling the destructive thoughts that lead to anger, rejection, shame, jealousy, fear and worry. Grow in confidence and learn to be happy as you tackle the rise to anger, the sinking feeling that comes with rejection and other problems such as depression and jealousy. The author has offered counselling to clients in London for over 28 years.

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