




How to Accept Yourself (Overcoming Common Problems)


By Dr. Windy Dryden



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Here is a guide to accepting yourself, warts and all, with your strengths and weaknesses, rather than constantly striving towards change. It lies at the heart of happiness, because until you accept yourself as the person you are, you cannot be truly content. Windy Dryden uses realistic and straightforward techniques to help anyone who wants to shake off a sense of anxiety, self-doubt and discontent. He offers examples to show you how to put the ideas into practice, to help you make the first necessary step towards happiness.

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Editorial Review

About the Author

Dr Windy Dryden is a leading author on psychological and counselling topics, and one of the world's most renowned CBT therapists. He is Professor of Psychotherapeutic Studies at Goldsmiths College, London, and author of 200 books.

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