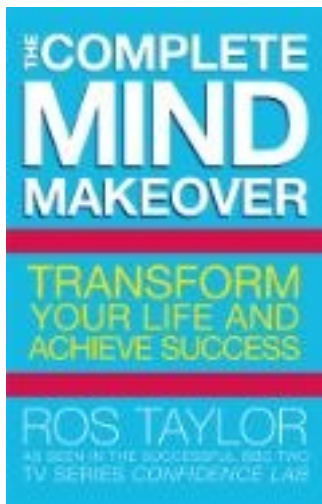


The Complete Mind Makeover



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The Complete Mind Makeover is a step-by-step guide by chartered psychologist and acknowledged expert Ros Taylor. It explains her proven four-step action plan: impact; thought; emotion; action that will help anyone to become more positive, productive and relaxed.

Everybody wants to be able to think creatively, have captivating interpersonal skills and handle conflict elegantly, but not many people believe they can do it.

Ros Taylor knows that everybody has the capacity to change – if they want to! In her compelling style she takes the reader on journey of self-transformation that will help anyone to develop clarity of vision and renewed confidence in their own judgement and abilities. She helps people to change themselves through personal understanding, and so improve their personal and professional relationships.

The Complete Mind Makeover draws on Ros' experience of counselling professional

people at all stages in their careers, helping to change their negative, unproductive behaviour. Based on her highly successful 4-step action plan, The Complete Mind Makeover will inspire anyone to become more positive, productive and relaxed.

REVIEWS :

“You can’t help warming to her... Like the TV presenter she is, Taylor knows the value of keeping it simple and user-friendly.”

The Guardian

“Psychologist Ros Taylor adds her own book to the many that promise to change your life, but this stands out from its competitors thanks to its practical approach, assured and reassuring tone, and strategic use of case studies to give life to abstract ideas.”

Psychologies

“Tackle your negative view of the world by reading The Complete Mind Makeover by Ros Taylor.”

The Sun

“An amazingly simple yet accurate method of nailing down personality... I read a lot of books in the course of a year. Few make it on to my bookshelf. This one will.”

Reading Chronicle

“There are many exercises contained in the book. These will help you to hold a mirror up to your thoughts and behaviours and give a clear and positive insight into where you are now before you embark on your journey to where you want to be.”

Business Adviser

作者介绍:

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评论

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书评

这是一本类似美剧‘丑女大变身’里高智商律师所看的那本 15 ways that make you great 的书，心理自助类的。
书里有一些性格测试，有一些人际交往中的建议，有一些面对困惑、逆境时的自我心理辅导的方法论。在某些时候我相信，其中的一些建议会对读者产生一定共鸣。
很遗憾， ...

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