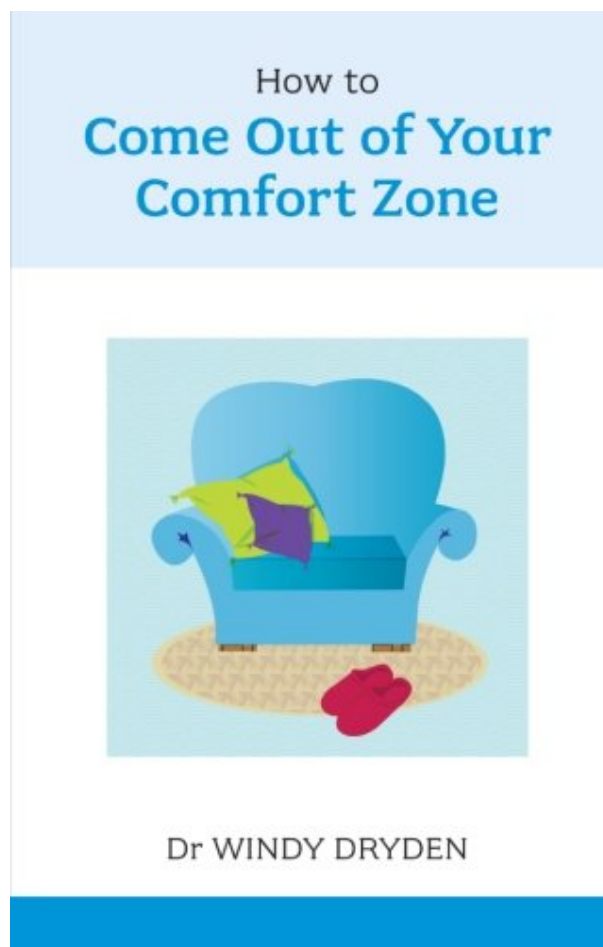


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About the Author

Professor 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 the author of 200 books.

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We all love comfort but, psychologically, it can be a real trap, holding you back and keeping you stuck in dead-end situations. Using the principles of Rational Emotive Therapy, this book helps people deal with discomfort in life, with advice on how to get things done, achieve goals and overcome inertia, depression and self-pity.

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About the Author

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