

'How to Feel Good in Difficult Times'

Simple strategies to help you Survive and Thrive, by Gael Lindenfield.



Self-doubt can creep in at any time in life, and in the midst of great stress or grief, or understandable anxiety about the Corona virus pandemic, our guards can drop even further, making us susceptible to crises of confidence and feelings of inadequacy in all spheres of our lives. In **How To Feel Good In Difficult Times**, readers will learn to work through negative feelings, reclaim their sense of self-worth and bounce back feeling stronger and even more confident than before. Set out in practical chapters, the book allows us to identify the root cause of our feelings of self-doubt and offers pragmatic, easily implementable solutions.

Throughout the book, Gael explores our knee-jerk response to punish and retreat into ourselves in times of crisis, whether that manifests itself through *dietary choices, insomnia and sleep-related* issues or more problematic self-destructive behaviour. **How to Feel Good In Difficult Times** equips readers with key tools allowing them to step back and take stock of these behaviours before they embed themselves.

Whatever the cause of your unhappiness and self-doubt – personal, work-related, or a combination of the two – this book gives you all the tools you need to conquer the overwhelm, dust yourself off and regain positivity, whatever life throws at you.

About the Author

Gael Lindenfield is a psychotherapist and a leading voice in confidence and self-help. She is also the internationally bestselling author of 23 ground-breaking personal development books, which have been translated into 33 languages.

First review on Amazon:

'This is a book for now. In a pressured world of economic, political, occupational, relationship and public health uncertainty, it's hardly surprising people are concerned. Here is a complete guide to solutions and actions anyone can implement – either to address a specific difficulty or to build strength and resilience. We all know someone who could benefit from what this book provides: strength to get to the right outcome. 5 stars.'