



## Choose to be Happy

*Wayne Froggatt*

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# Choose to be Happy

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## **Choose to be Happy** Wayne Froggatt

Do you want to choose how you feel? Wayne Froggatt has already taught hundreds of people in New Zealand to do just that. Choose to Be Happy is the result of his experience. In it, he applies his methods to a comprehensive range of common human problems and areas of personal growth, including: . worry . fear . anxiety . guilt . anger . depression . unassertiveness . perfectionism . decision making . disapproval and criticism . self-motivation Do you want to be your own therapist? You can learn to help yourself - with a proven method of psychotherapy that emphasises the use of your own reasoning powers to achieve personal control and growth. this book introduces the method step by step, allowing you to understand and change the way you react to events in a rational and realistic manner. Choose of Be Happy offers more than inspiration and 'positive thinking'. It holds out the prospect of permanent change.

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