



How to Change Absolutely Anything

By Damian Hughes

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, How to Change Absolutely Anything, Damian Hughes, Everybody wants to change something, whether it is work, life, yourself or someone else. Based on evidence-based psychological principles, including those drawn from CBT, this book demonstrates how you can bring about positive change in your life. Bursting with powerful tips, tricks, advice and guidance taken from interviews with some of the most positive and productive people in the world, from Mohammed Ali and Richard Branson to Alex Ferguson and Tiger Woods.



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