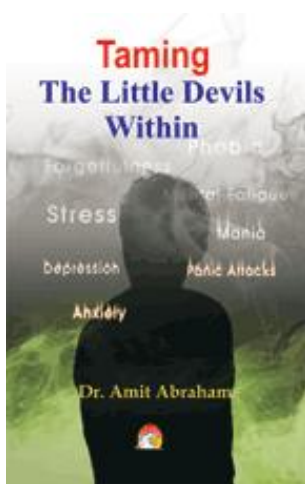




Taming The Little Devils Within



Author: Dr.amit Abraham
Format: Paperback
ISBN: 8178062089
Code: 9710B
Pages: 264
Price: Rs. 175.00 US\$ 7.00

Publisher: Unicorn Books
Usually ships within 5 days

Taming The Little Devils Within
It's Never Too Late To Be What You Might Have Been

You can purchase and read many books on psychological problems; look up the internet for your disorders and get advice on it. You will ask what is different in this book. This book is written based on years of my practical experience and the approach to the problems is dealt in a unique way. This book is unique because it will not only educate you about the various common psychological problems but also enable you to measure/test yourself on them. The measures will let you now if you suffer from one and, if so, to what degree.

Having psychological problems are a part of everyone's life and a matter of degree. Knowing the degree is important because it is that which will decide your mental health status and the course of action to be followed. You will also realize that most of the problems are self-created and our rigid attitudes prevent us from making adjustments and changing our lifestyles or ourselves. The advice given in this book is to be followed until it becomes a habit. It is to be followed not only by people who suffer from a psychological problem but also by all if they want to continue having a good mental health.

Contents

- Acknowledgement
- Introduction
- 1. The Normalcy Hype
- 2. Dimensions of Mental Health
- 3. Origin of The Little Devils – Causes of Abnormal Behaviour
- 4. The Devil of Stress – Bust It
- 5. The Devil of Mental Fatigue – Rest It
- 6. The Devil of Panic Attacks –Calm It Down
- 7. The Devil of Anxiety –A Boon or Disorder
- 8. The Devil of Depression –Drive it Away
- 9. The Devil of Phobia's – Scare It
- 10.The Devil of Sleep Disorders –Lullaby It
- 11.The Devil of Suspiciousness –Teach It Trust
- 12.The Devil of Irritability – Defuse It
- 13.The Devil of Forgetfulness – Recall It
- 14.The Devil of Fearful Dreams –Sweeten It
- 15.The Devil of Mania – Subdue It
- 16.The Devils of Obsessed Thoughts and Compulsive Acts – Control Them



Unicorn Books

- 17.The Devil of Imaginary Ailments –Ignore It
- 18.The Devil of Fictitious Ailments –Disobey It
- 19.The Devil of Personality Disorders – Correct It
- 20.The Devils Defenses – Disarm It
- 21.Taming The Devils –Angelic Interventions
- 22.Giving The Devil His Due – Relax It
- 23.Living With The Devils – How To Remain Mentally Healthy

About Unicorn Books

Unicorn Books publishes an extensive range of books that are both affordable and high-quality.