

'Life can be demanding enough without causing ourselves greater upset because we "don't feel happy". Instead, let's welcome all our feelings of distress, all our thoughts and beliefs about life's challenges, and focus on transforming these in a way that is helpful for us.'

In this remarkable book Dr Claire Hayes demonstrates how each of us can use cognitive behavioural principles to help us cope. In a very clear, practical way she shows us how to make sense of our distressing feelings, to become aware of our unhelpful thoughts and our core beliefs, and most of all, to focus on what we can actually do to improve things for ourselves. Rather than trying to suppress or ignore our feelings of distress, she invites us to welcome them as messengers asking us to do something helpful to improve things.

Using her unique techniques such as the 'Coping Triangle' and 'Coping Sentences', Dr Hayes shows us how to proactively manage life's challenges, such as pressure, rejection, loss, failure, success and change. A number of case studies illustrate the success of Dr Hayes's approach, while practical exercises and advice make it accessible to all readers. This book is for anyone who has suffered from stress, anxiety or depression, or for their friends and family.

'A standout volume that will prove a timely resource for those navigating the pressures of daily living in a society that is in danger of burning out'

DR DECLAN LYONS, Consultant Psychiatrist in St Patrick's Hospital



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Self Help

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*The
Welcoming
Approach
to Life's
Challenges*

The gentle and
powerful way
to turn feelings
of distress into
helpful action

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The Welcoming Approach to Life's Challenges

DR CLAIRE HAYES

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