

# **Manage Your Mind The Mental Fitness Guide**

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WILLIAMS. Senior Lecturer in Psychology, Institute of Psychiatry, University of London. Search for more papers by this author. RUTH M. WILLIAMS. Senior Lecturer in Psychology, Institute of Psychiatry, University of London. Manage Your Mind: The Mental Fitness Guide. By G. Butler ... Manage Your Mind also includes up-to-date information on how to make decisions, strengthen your memory, stop smoking, sleep better, recover from alcohol abuse, and more. Manage Your Mind: The Mental Fitness Guide - Gillian ... Chances are that if something has been running around in your mind for a long time, an immediate fix is not really possible, but a fix is in process. To alter your thinking, I suggest

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