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# THE MOOD CARDS: MAKE SENSE OF YOUR MOODS AND EMOTIONS FOR CLARITY, CONFIDENCE AND WELL-BEING (MIXED MEDIA PRODUCT)



Eddison Books Ltd, United Kingdom, 2017. Mixed media product. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Psychology doesn't have to be complicated. Based on cognitive behavioural therapy, mindfulness and positive psychology, THE MOOD CARDS offers a fun and accessible way to help you identify and explore your moods and emotions. There are 42 cards in the box ranging from happy and sad to resentment, guilt and stress. Each card includes guided questions for self-exploration plus...

**Read PDF The Mood Cards: Make Sense of Your Moods and Emotions for Clarity, Confidence and Well-Being (Mixed media product)**

- Authored by Andrea Harm
- Released at 2017



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