



A Pocket Coach: The Confidence Coach

Dr Sarah Jane Arnold

Keynote

Your cool pocket companion and one-stop guide to capturing confidence! The second in our pocket-sized range of gift self-help titles, designed to help you tackle self-doubt and lack of confidence in every day life.

Description

Your cool pocket companion and one-stop guide to capturing confidence!

From the best-selling author of *The Mindfulness Companion* and *The Can't Sleep Colouring Journal* comes the second in our pocket-sized range of gift self-help titles, designed to help you tackle self-doubt and lack of confidence in every day life. Through helpful exercises, guidance and expert narrative, Dr Arnold's techniques for reclaiming your mojo, and getting closer to achieving your goals is now your coolly designed, pocket companion – and a perfect gift for a loved one.

Sales Points

- Luxe gift, perfect for a birthday or Christmas present
- Accessible, clear, expert advice and exercises
- Pocket-sized, sturdy and cool
- Dr Sarah Jane Arnold is a Chartered Counselling Psychologist and mindfulness practitioner

Author Biography

Dr Sarah Jane Arnold, CPsychol, is a Chartered Counselling Psychologist. In her private practice she works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. She tailors her therapeutic approach to the individual.

Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. As such, she remains committed to the practice of mindfulness in her personal life too. Sarah lives in Brighton with her partner, Mine, their dog, Oprah, and Priscilla the bearded dragon.

You can find Sarah at www.themindfulpsychologist.co.uk.

Michael O'Mara.

www.mombooks.com



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