



The human brain is not a rational thinking device that defaults to rational conclusions: learn how to love and manage your brain with CBT rationality - for life changing skills that will stay with you forever. Try an intro for only €40 and see if it fits you

### One to one session rates card:

- Book a no-strings special offer introductory session in Dublin's Camden Street for only €40 (Informal discussion based, inc homework + free self help downloads)
- 1 x hour one-to-one sessions – €60 – Mon to Fri
- 2 x hour one-to-one session – €99 – Mon to Fri
- 4 x hour one-to-one session – €220 – Mon to Fri – (Inc coffee, cake, and worksheets)
- Saturday Rates: 1 hour €75 – 2 hour €150 – 1/2 Day €295
- Sessions are organic / bespoke: tailored exactly to suit you.
- For more details or to make a booking call, text or mail Veronica at 0868113031 or [info@CBTandFeelingGood.com](mailto:info@CBTandFeelingGood.com)

Contact: **Veronica Walsh**, 30 Wicklow Street, Dublin 2 – **086 8113031**  
[info@CBTandFeelingGood.com](mailto:info@CBTandFeelingGood.com) - [www.CBTandFeelingGood.com](http://www.CBTandFeelingGood.com)