

# Change your brain and your life with **Cognitive Behavioural Therapy**

Think different  
Feel different  
Behave different

30 Wicklow  
Street D2



www.**CBT** and **FeelingGood**.com

## simplifying CBT through fast fun & effective discussion & homework sessions

**INTRODUCTORY OFFER: TRY A ONE HOUR  
SESSION IN WICKLOW STREET FOR €50**

Learn the science of how and why you **think** and **feel** and **behave** the way that you do, and new *awareness and self management skills* to change it so that you can **think better** and **feel better** and **behave better**.

Book a guided self help **Li CBT** session, contact:

**Veronica Walsh, Top Floor, 30 Wicklow Street, Dublin 2**

**T: 086 8113031 E: info@CBTandFeelingGood.com**

*Follow up sessions are €70 per hour.*

Also available: CBT seminars & workshops for schools, colleges, companies, and organisations, see website for more info.



E: info@**CBT** and **FeelingGood**.com