

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 €60**

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 €75 per hour.

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



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