



Sane New World: Taming the Mind

By Ruby Wax

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Sane New World: Taming the Mind, Ruby Wax, 'Finally -- a map for the troubled human mind. And it's funny.' - Caitlin Moran Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity. With her own periods of depression and now a Masters from Oxford in Mindfulnessbased Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress. If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world. Helping you become the master, not the slave, of your mind, here is the manual to saner living.



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