



Change for the Better

Elizabeth Wilde McCormick

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`This is a helpful book and my experience is that patients who have read it mainly found it helpful. I can recommend **Change for the Better** to patients and therapists alike' - *British Journal of Psychotherapy*

`**Change for the Better** was the original self-help CAT book that has withstood the test of time.... It provides patients and quite a few therapists with an introduction to the basic principles of Cognitive Analytic Therapy in a readable and logically presented format. Unlike many self-help books, it manages the difficult task of making some quite complicated ideas easily accessible without becoming patronising or unduly trite.... I can recommend **Change for the Better** to patients and therapist alike. Its strengths far outweigh its limitations' - *Dr Chess Denman, Consultant Psychiatrist in Psychotherapy, Addenbroke's Hospital*

`Many people with worries and sadnesses and the disabilities that go with will find in the book things that will enable them to relate to and use without the feeling that their problems or the advice they are given are weird' - *Derek Steinberg, The Maudsley Hospital*

This is a guide for real people living and struggling in real life, ordinary circumstances. . . it is full of humane, creative compassion for those who would like to change' - *Counselling Psychology Review*

Change for the Better is for everyone who has ever wanted to change, but has found that anything beyond superficial change is difficult. We may continue to feel stuck, helpless, and angry as old ways of thinking reassert themselves.

Presenting an easy-to-follow programme, this book helps to develop insights into the old patterns that govern our choices. It shows how to identify unhelpful patterns of behaviour and how to go about changing them in a realistic way.

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