



The U-Turn: A Guide to Happiness

Conor Farren

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The U-Turn: A Guide to Happiness, by practising psychiatrist Dr Conor Farren, is a book for those of us who live with everyday negative emotions – anger, depression, fear, anxiety and jealousy – which keep us from enjoying life. The ‘U-Turn’ is the name of the journey the book takes us on – from emotional upset to self-understanding and then, putting into action the U-Turn principles of *Think, Feel, Act*, to contentment. *The U-Turn* helps us to get a good grasp of our emotions, of our personal make-up and of our relationships. The next step is to take action to bring about change in our lives. At the end of each chapter are a series of exercises based on the U-Turn principles of *Think, Feel* and *Act*, which help us to take action and implement our new understanding in our life. The U-Turn is not just a book; it is a map that guides us on our journey from hurt to happiness. The author has combined the techniques of modern psychiatry and his own hard-won life lessons to create an inspiring, revelatory and interactive read.

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