Using the successful approach of the popular Overcoming books, Overcoming and Living with Physical Health Problems presents a series of self-help workbooks for use in managing unexplained or long term illnesses.

Developed by one of the UK's leading and best known cognitive behaviour therapy (CBT) practitioners, the book covers all the issues that are known to be problematic in long-term illness in the clear, user-friendly format associated with the 'Overcoming...' series. Providing accessible information and teaching key life skills, the workbooks provide a practical and effective way of improving how you feel. Using the established Five Areas Assessment model, the book provides a clear model of intervention using the proven CBT evidence-based approach.