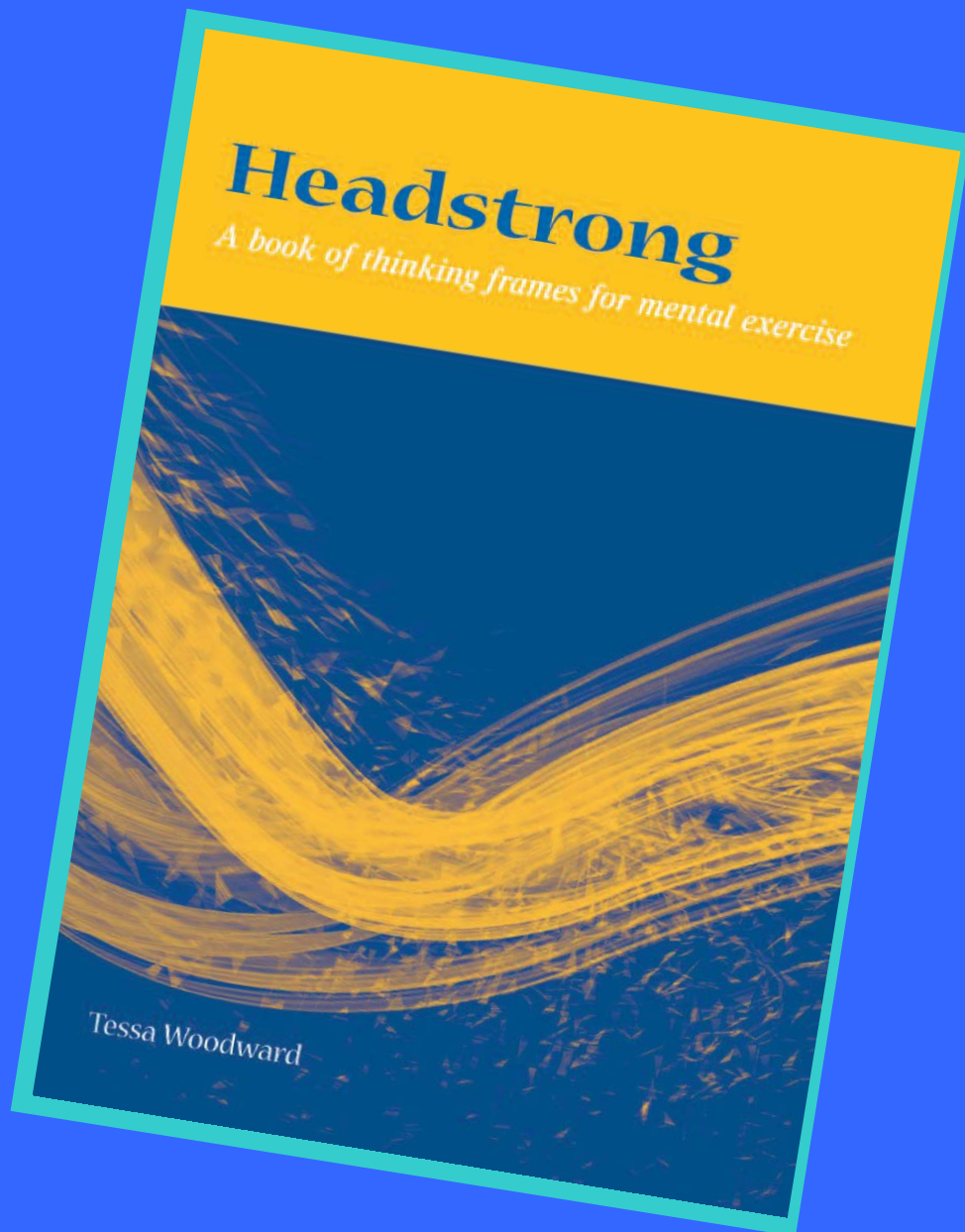


Available from:
Tessa Woodward
Hilderstone College
St Peter's Road
Broadstairs
Kent CT10 2JW
UK

and

"Vanessa's Books"
vanessa@vrwebb.fsnet.co.uk



Headstrong

A book of thinking frames for mental exercise
Tessa Woodward

***Headstrong* is a book for anyone who enjoys having a bit of a ponder!**

It takes the view that although we all spend a lot of time planning, remembering, day-dreaming, thinking out loud and brooding, we don't that often consciously set out to practise or use different kinds of thinking. But just as we can get physically fitter by going for walks and bike rides, so we can get mentally fitter by trying out the different thinking frameworks in this book.