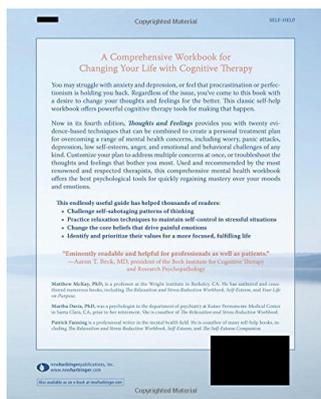


[PDF] Thoughts And Feelings: Taking Control Of Your Moods And Your Life (A New Harbinger Self-Help Workbook)

Matthew McKay PhD, Martha Davis PhD, Patrick Fanning - pdf download free book



Books Details:

Title: Thoughts and Feelings: Taking Control of Your Moods and Your Life
Author: Matthew McKay PhD, Martha Davis PhD, Patrick Fanning
Released: 2007
Language: English
Pages: 312
ISBN: 1608822087
ISBN13: 9781608822089
ASIN: 1608822087

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pdf, mobi, epub, azw, kindle

Description:

If you are depressed, anxious, angry, worried, confused, frustrated, upset, or ashamed, please remember that you are not alone in your struggle with painful feelings and experiences. Everybody experiences emotional distress sometimes. It's normal. But when the pain becomes too strong and too enduring, it's time to take that important first step toward feeling better.

Painful thoughts can arise in many ways. You may struggle with anxiety and depression, or feel that procrastination or perfectionism is holding you back. Regardless of the issue, you've come to this book with a desire to change your thoughts and feelings for the better. This classic self-help workbook offers powerful cognitive therapy tools for making that happen.

Now in its fourth edition, *Thoughts and Feelings* provides you with twenty evidence-based techniques that can be combined to create a personal treatment plan for overcoming a range of mental health concerns, including worry, panic attacks, depression, low self-esteem, anger, and emotional and behavioral challenges of any kind. Customize your plan to address multiple concerns at once, or troubleshoot the thoughts and feelings that bother you most. Used and recommended by the most renowned and respected therapists, this comprehensive mental health workbook offers all of best psychological tools for quickly regaining mastery over your moods and emotions. This endlessly useful guide has helped thousands of readers:

- Challenge self-sabotaging patterns of thinking
- Practice relaxation techniques to maintain self-control in stressful situations
- Change the core beliefs that drive painful emotions
- Identify and prioritize their values for a more focused, fulfilling life

Using proven effective methods based in cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), and mindfulness, this book will help you take that first step toward feeling better—about yourself, and about the world around you. Isn't it time you started really enjoying life?

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