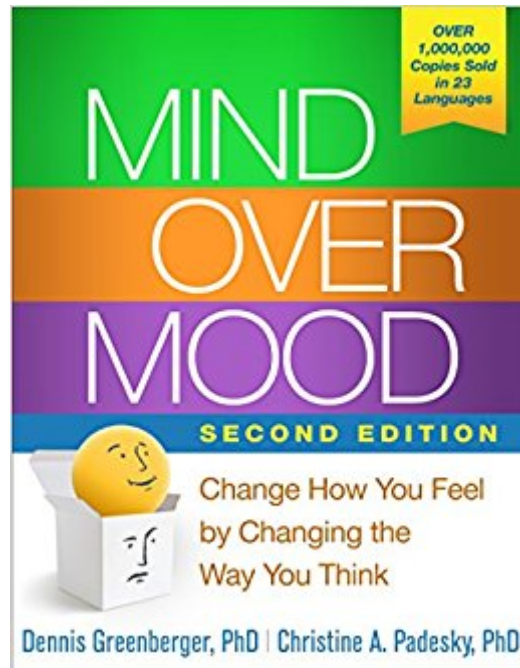




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Mind Over Mood, Second Edition



Synopsis

Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,000,000 readers use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; 25 new worksheets; and much more. Mind Over Mood will help you: *Learn proven, powerful, practical strategies to transform your life. *Follow step-by-step plans to overcome depression, anxiety, anger, guilt, and shame. *Set doable personal goals and track your progress (you can photocopy the worksheets from the book or download and print additional copies). *Practice your new skills until they become second nature. Cited as "The Most Influential Cognitive-Behavioral Therapy Publication" by the British Association for Behavioural and Cognitive Psychotherapies and included in the UK National Health Service Bibliotherapy Program. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category See also the Spanish-language edition: El control de tu estado de ánimo, Segunda edición.

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Customer Reviews

This is a very good book. If you can complete the exercise and stick with the ideas it will make you a better person. This is harder said than done!!!

My therapist recommended this book and it works much better than expected. The step-by-step process is easy to follow. There's activities and homework associated with lessons. The book follows a cognitive behavioral therapy method that works well for a lot of people. It certainly worked well for me.

Excellent book for both clinicians & Clients. I saw Christine at the Erickson BTC last December (2016) in a workshop. She reviewed the reorganization & new material which I started using immediately with my clients. Fully recommend it for ant therapist doing CBT.

Great for CBT work with clients. I really like the assessment tools.

love the strategies and interventions it gave. Got this for a class and i am going to keep for a reference book for my private practice.

It's not just for Psychology students, but for anyone who wants to take control of their lives for the better. It's a good read and gives you a starting point of getting to know yourself more.

I'm not all the way through. This book was recommended by my counselor. I was definitely skeptical, but I am a very interactive/visual learner, but I love paper/books versus online/simulated learning. So far the activities in the book have kept my attention, and I have found them very useful. In fact, starting with the first one, they've really forced me to sit back and think/dig - they are not just "fill in the blank, pass go and collect \$200", you have to take the time and really want to find the answers. The worksheets are at the end of the chapters, for the most part, and relate very closely

with the examples that are given, which I feel are very relatable scenarios, which have helped me look back and try to compare my experiences in an effort to complete the tasks so that the overall exercise is useful to me. In addition, I've been able to take the book in to counseling sessions and work on things with my counselor, which has been a great tool as well.

Seems more like a pamphlet than a book. Very large print and a lot of worksheets and such to pad it out. I think the material is fine but not enough meat to create a real book. A website might have been better.

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