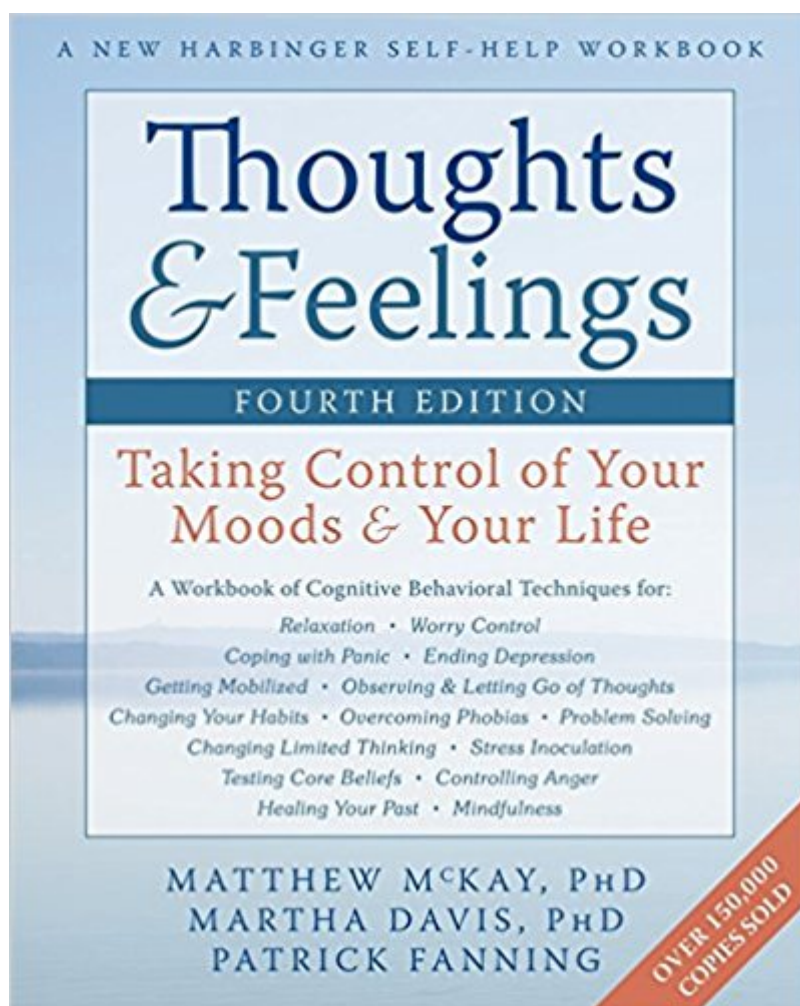


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Thoughts And Feelings: Taking Control Of Your Moods And Your Life (A New Harbinger Self-Help Workbook)



Synopsis

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?

Book Information

Series: A New Harbinger Self-Help Workbook

Paperback: 312 pages

Publisher: New Harbinger Publications; 4 edition (December 1, 2011)

Language: English

ISBN-10: 1608822087

ISBN-13: 978-1608822089

Product Dimensions: 0.5 x 7.8 x 9.8 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 86 customer reviews

Best Sellers Rank: #19,921 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #152 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology #1361 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

“Chock-full of systematic strategies for the treatment of a wide variety of psychological problems. Eminently readable and helpful for professionals as well as patients.”
• Aaron T. Beck, MD, president of the Beck Institute for Cognitive Therapy and Research Psychopathology
“An outstanding book. I recommend it without reservation for both general readers and therapists. It stands apart from other similar books in its reliance on scientific data, not fad, hype, or mysticism.”
• Jacqueline B. Persons, PhD, director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor in the Department of Psychology at the University of California, Berkeley
“An excellent resource, reference tool, treatment manual, therapy coach, and compendium of techniques.”
• Arthur Freeman, EdD, ABPP, HSPP, president of the Freeman Institute for Cognitive Therapy and director of clinical training and supervision for the Center for Brief Therapy in Fort Wayne, IN
“One of the most comprehensive and empirically sound guidebooks in all of self-help literature. All of the major problems in living are covered.”
• Cory F. Newman, PhD, clinical director of the Center for Cognitive Therapy and associate professor of psychology in psychiatry at the University of Pennsylvania
“For professionals and the public, this wonderful workbook, like a wise teacher, can help make a positive difference.”
• Thomas F. Cash, PhD, professor emeritus of clinical psychology at Old Dominion University in Norfolk, VA
“A jewel of a book: supportive and empathetic, short on platitudes and long on practical applications. A must-buy for all cognitive behavioral therapists.”
• Thomas E. Ellis, PsyD, ABPP, professor of psychology at Marshall University in Huntington, WV

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, California. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem*, and *Your Life on Purpose*. His books combined have sold more than three million copies. McKay received his PhD in clinical psychology from the California School of Professional Psychology. In private practice, he specializes in the cognitive behavioral treatment of anxiety and depression. Martha Davis, PhD, was a psychologist in the department of psychiatry at Kaiser

Permanente Medical Center in Santa Clara, CA, where she practiced individual, couple, and group psychotherapy for more than thirty years prior to her retirement. She is coauthor of The Relaxation and Stress Reduction Workbook. Patrick Fanning is a professional writer in the mental health field. He is coauthor of many self-help books, including The Relaxation and Stress Reduction Workbook, Self-Esteem, and The Self-Esteem Companion.

I assign many activities from this book to my clients. What one client (an avid reader of self-help books) liked best about this book were the examples of how to complete the assignments. My clients find it easy to read, understand and use. I was using the first edition of the book (required reading in grad school for my CBT class) until my client bought the fourth edition and we compared editions. The fourth edition has some excellent updates so I immediately purchased it also. I would highly recommend this to clinicians for use in practice and anyone else needing to get their thoughts and feelings under control.

I deal with mental conditions every day. I was diagnosed Schizoaffective disorder- bipolar type, OCD, and borderline personality traits- but not the full disorder. It doesn't exactly help my psychotic symptoms at all, As I've read in there. Writing stuff down for me doesn't work too well but i am going to keep it and use it for my other symptoms anyways.

I love this book. I work with high school age children and I am going to use many of the activities with them on an individual basis. It does require that the user to be able to have reasoning skills in order to gain insight into their behavior and feelings.

My therapist recommended this book and it has been more helpful than anything I've read. I've been diagnosed with both Bipolar 2 and Borderline Personality. The techniques and exercises in this book are easy to put into practice and have greatly helped reduce and minimize meltdowns and anxiety.

Thoughts and Feelings is a well written plain speaking book for people to change some of their self defeating thoughts and behaviours. The beauty of the book is that it explains why irrational thoughts can cause not only a miserable existence but also how the body reacts to things like panic. The fight or flight Chapter on Panic was very interesting in that it describes it is part of our protection 'kit' and reveals why it is not an abnormal reaction. The do it yourself homework is very well planned and

user friendly, the book is a terrific tool using the very successful CBT tools.

Very useful for helping clients with a number of challenges. Easy to use.

An insightful and practical book. If you've ever wondered why you think the way you do, especially when you feel "out of control" or when your emotions take over, this book is for you. It's also great if you recognize the need to change the way you think and the way you deal with emotional signals and triggers. However, there don't seem to be any quick fixes in this book. Many of the exercises require several sessions according to the author, but don't take that as a negative. True change in some cases requires hard work and patience.

Great Book, very informative, great exercise and self monitor. My Psychiatrist are using it as well. per his recommendation, that's the reason why I bought this book.

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