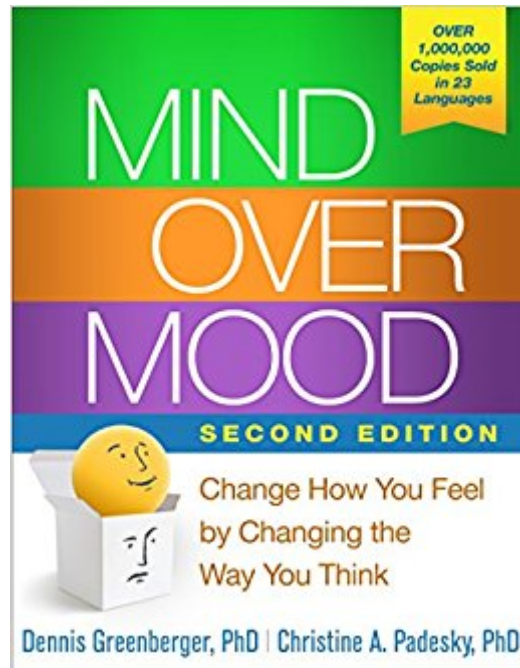




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# Mind Over Mood, Second Edition



## 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.

## Book Information

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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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Mind Over Mood, Second Edition Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder  
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The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood  
The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings  
The Mind Connection: How the Thoughts You Choose Affect Your Mood, Behavior, and Decisions  
The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity  
The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health  
The Bipolar Workbook, Second Edition: Tools for Controlling Your Mood Swings  
NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)  
The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated  
The Miracle of Mind Dynamics: Use Your Subconscious Mind to Obtain Complete Control Over Your Destiny  
The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide  
The Ultimate Book of Dad Jokes: 1,001+ Punny Jokes Your Pops Will Love Telling Over and Over and Over...  
Cheer the F\*ck Up: Positive Sh\*t to Color Your Mood Happy (Swear Word Coloring Books)  
Coloring Book for Men - Be Bold, Be Brave and Just Color!: Coloring drawings to help you relax and improve your mood  
The Mood Guide to Fabric and Fashion: The Essential Guide from the World's Most Famous Fabric Store  
Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar

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