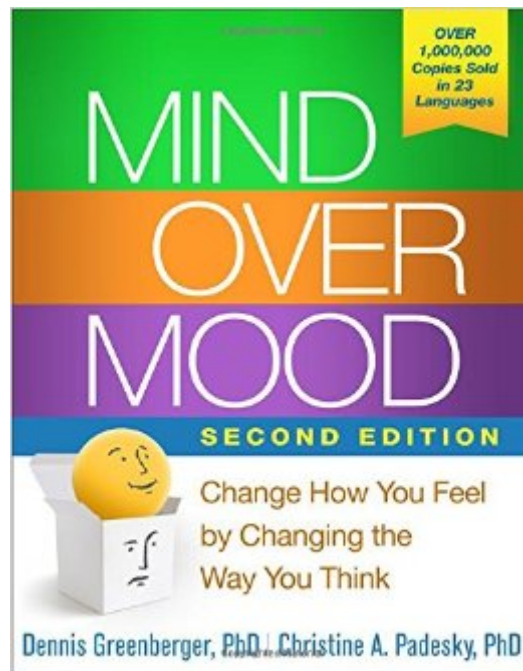


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# Mind Over Mood, Second Edition: Change How You Feel By Changing The Way You Think



## 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.Â 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.

Â 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. See also the Spanish-language edition: *El control de tu estado de Ãnimo*, Segunda ediciÃ n. Â

## Book Information

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## Customer Reviews

**SUMMARY:** This is the updated and second edition of this book. The authors use CBT (cognitive behavioral therapy) as the basis of their work. This book takes a patient through a process from understanding his own problems, to assessing the severity of the problems. Then the reader is taught how to recognize his own moods during situations and to rate them. The reader is also taught to assess thoughts about situations and to look at their believability. There are chapters on anxiety and depression. The book is designed in such a way that you can skip chapters based on your own needs. And there are tons of worksheets to work through to assess your problems, beliefs about your problems, and then to make action plans to overcome.

**THE GOOD:** I have to start by saying, as a right brained person, I am not a fan of CBT. However, the authors have put a lot of good information out there in this book about how to examine problems, see them for what they really are, and how to question underlying negative beliefs. There is a lot of information presented in this book, but if you are determined to learn how to deal with your problems in a systematic way, this book will provide you with the tools.

**THE NOT AS GOOD:** This is not a quick fix. The authors present a long process that can be successful, but you have to be willing to put the time in. This book would be best done with a licensed therapist as a guide or in group therapy. I cannot recommend this book for self-help for those in highly distressing situations. In those cases, I would recommend a therapist use the book to guide the patient.

**NOTE:** I received a free ARC copy of this book from NetGalley and the publisher in exchange for an honest review.

Get this in paperback, as the Kindle version is hard to read and you can't use the worksheets. The book and the concept is very helpful overall and I have learned a lot about how to impact my own mood.

This book is on point. I have been using it to help manage my anxiety. The explanations, the stories, and the ease of reading makes this a fantastic book. The exercises are extremely helpful. But be aware, you only get out of it, what you put into it. That is, stick with it!! If you are seeing a therapist, fill out the worksheets as you go through the book and talk about it with your therapist. This is truly a fantastic tool.

This is definitely a book to be used with young adults to adults. I work primarily with adolescents and it does have some really clear explanations of how CBT can work, but most of the examples are more adult focused. That being said, it has some really helpful information in it.

I used the first edition with my patients for many years. It helped them to understand cognitive therapy and to develop the skills they needed to implement the changes they needed to make. As an adjunct to therapy they were able to go faster and make more permanent changes. I was excited to learn that the new edition was soon to be published and ordered it immediately. After a thorough review of the new book I believe the updates and the new chapters make it even better.

This is the best book for anyone who is trying to improve their life in any way. I got this book myself and then loved it so much that I got it for my friend and I can't wait to show it to my mom. Really great exercises that help you to really understand yourself, your life, and how to make it better.

The first edition of this book saved my life. Not exactly saved my life but it did provide me with a new prospective on how to handle life and for that I will be forever grateful. Having read the first edition I am a little unimpressed with this version. Being a second edition I should have known it would have been almost identical to the first edition. Yes there is more to the second edition but I am not sure there is enough more to make me want to use the whole workbook again. Still if you have never read this workbook edition one or two I highly suggest you give it a try.

Leslie Sokol and I just received our copies of your book in the mail. The first edition was a definite go-to that we use in training clinicians and with many of our patients. You really outdid yourselves this time. It's a top notch excellent resource for clinicians and patients.

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