



# Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT

*By Sarah Edelman*

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## **Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT** By Sarah Edelman

Practicing psychologist Sarah Edelman clearly lays out how to use CBT to develop rational thought patterns in response to upsetting emotions and situations. By following the practical, easy-to-follow exercises and examples, you can take control of your thoughts, emotions, and feelings, and find more positive ways of dealing with life's hurdles-and a happier you. Change Your Thinking will teach you how to Fight negative and self-defeating beliefs to minimize your experience of upsetting emotions Recognize “thinking errors” that cause you unnecessary distress Learn how to dispute thinking errors with your behavior and rational thoughts Prevent negative thoughts and emotions from occurring Acknowledge and face the obstacles that prevent you from obtaining your goals Achieve a more balanced and happier life Whether you're faced with overwhelming feelings of worthlessness, frustration, anger, depression, or anxiety, CBT can help you change your thinking and make a difference in your life-beginning today.

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By Sarah Edelman **Bibliography**

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### Editorial Review

#### Review

"*Change Your Thinking* is an excellent self-help book that will inspire readers to modify their faulty thinking and self-defeating behavior so they can more effectively cope with stress and pursue happiness." -- *Martha Sue Davis, Ph.D., psychologist, author of psychology self-help books*

"Supported by over 30 years of clinical research, Sarah Edelman has written a volume that is clear, practical, empowering, thoughtful, and forward-thinking. She distills a broad and complex literature to provide the reader with useful strategies for coping with life's problems. Many excellent volumes have been written on how cognitive-behavioral strategies can be used to overcome feelings of depression, anxiety, loss, anger, and frustration. This volume, however, does something more--it offers sensible guidelines for leading an optimistic, balanced, and worthwhile life." -- *Mark A. Reinecke, Ph.D., ABPP, ACT, Professor of Psychiatry & Behavioral Sciences, Northwestern University*

#### About the Author

**Sarah Edelman**, PhD, is a psychologist, trainer, and university lecturer. Through both her private practice and continuing education programs, she teaches people to use CBT as a self-help tool. She conducts workshops for mental health professionals, people working in government and private sector organizations, and the general public.

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