



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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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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Here thing why this particular Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT are different and reliable to be yours. First of all reading through a book is good but it really depends in the content than it which is the content is as scrumptious as food or not. Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT giving you information deeper including different ways, you can find any guide out there but there is no reserve that similar with Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT. It gives you thrill reading journey, its open up your own personal eyes about the thing that happened in the world which is maybe can be happened around you. You can easily bring everywhere like in park your car, café, or even in your means home by train. If you are having difficulties in bringing the paper book maybe the form of Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT in e-book can be your choice.

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