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Change Your Thinking [Third Edition]



Synopsis

The bestselling practical and reassuring guide to overcoming self-defeating thoughts and behaviours, using cognitive behavioural therapy. **CHANGE YOUR THINKING** is the bestselling guide to managing upsetting emotions by learning to think in a healthy and balanced way. It provides practical strategies for overcoming negative thoughts and behaviours, and taking control of emotions such as anxiety, depression, frustration, anger and guilt. It also describes techniques for enhancing self-esteem, improving communication skills and developing greater personal happiness. **CHANGE YOUR THINKING** is based on the principles of cognitive behaviour therapy (CBT), the psychological approach used by therapists all over the world. Sarah Edelman explains CBT in a clear and compassionate way. This edition also contains a brand new chapter on mindfulness, demonstrating how mindfulness techniques can be integrated with CBT strategies. 'Normally I don't think books like this are very helpful, but **CHANGE YOUR THINKING** is really helping me to change my life. When I started reading it, I immediately felt like I could get back in control and actually improve what I had accepted as the status quo. the author gives a lot of simple tips that work, and the exercises are a big help. I highly recommend this book to anyone suffering from anxiety or depression.' (One of the many positive customer reviews.)

Book Information

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NLP #1852 inÂ Books > Science & Math > Behavioral Sciences > Cognitive Psychology

Customer Reviews

This eBook, 'Change Your Thinking' provides reputable advice on many mental health issues. These include depression, anxiety and general stress issues. Using the principles of cognitive behavior therapy, Sarah Edelman provides advice that is easy to understand and carry out. The book can be picked up at any topic and remain helpful. I would recommend it to anyone trying to cope with the stresses and strains of everyday modern living.

I could relate to so many examples in this book and over time it has helped me combat my stress issues. A must read for anyone dealing with stress or mental health problems. Also something you should read more than once, I plan to read this again!

It's all about belief! This book is another in a long line of books that remind us that we create our own reality, so take care with what you believe and be ready to change if things don't go the way you would like.

Easy to read and a useful practical book .I have enjoyed reading this book thank youGreat service with the book arriving earlier than expected

This is a book for everyone. This book helps to remind us that we are not on our own. Many people suffer from many different disorders. This book will be significant to all.

Great insight and assistance!

It's a book.Third edition.... need more be said?

Excellent book. Highly recommended.

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