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Title: Mind Over Mood: Change How You Feel By Changing The Way You Think
Format: Paperback
Dimensions: 341 pages, 10.5 x 8 x 0.76 in
Published: September 28, 2015
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Language: English. The following ISBNs are associated with this title:

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Mind Over Mood has taught me how to change my mood by changing my mind." -Client "For me, a person currently working on conquering depression, panic attacks and anxiety, Mind Over Mood has, in simple language, helped me understand their meaning and cause. Through the use of Mind Over Mood I am moving toward healing these disorders." --Client

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CHANGE THE WAY YOU FEEL BY CHANGING THE WAY YOU THINK

Mind Over Mood teaches you strategies, methods, and skills that have been shown to be helpful with mood problems such as

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Mind Over Mood Book Description - Mind Over Mood. Mind Over Mood was written to help people suffering from mood disorders including depression, anxiety, anger, guilt and shame. It is a clear, concise guide that shows readers how the proven and powerful principles of cognitive behavioral therapy can improve their lives.

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Review. " Mind Over Mood provides effective cognitive techniques for patients to develop a more balanced view of themselves, to challenge the automatic thoughts, assumptions, and core beliefs they dearly hold.... Mind Over Mood; has many great features, including: (1) clear organization and structure, (2) readability,... This best selling self-help book, Mind Over Mood, teaches skills and principles used in cognitive behavioral therapy. With over one million copies in print, it is widely used

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Mind Over Mood: Change How You Feel By Changing the Way You Think. Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment.

Mind Over Mood. A graduate of Yale University and UCLA, she is a recipient of the Aaron T. Beck Award for significant and enduring contributions to the field of cognitive therapy from the ACT and the Distinguished Contribution to Psychology Award from the California Psychological Association.

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