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How to Change How You Feel

in Seconds: (Mind Over Mood)

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Use mindfulness-based

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Cognitive therapy to
overcome your negative
emotions. Cultivate
mindfulness to live a more
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how to change my mood by
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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

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"Mind Over Mood provides
effective cognitive
techniques for patients to

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developing 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

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organization and structure,
(2) readability, (3)
analogies to supplement
explanations...(4) summaries,
helpful hints, questions,
worksheets, and exercises
that reinforce learning for
patients, (5) excellent

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master clinicians with
extensive experience in
cognitive therapy treatment
and training, this popular
workbook shows readers how
to improve their lives using
cognitive therapy.

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backing of Aaron T Beck, the

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very founder of Cognitive Behavioural Therapy (CBT), and written by Drs Greenberger and Padesky, two of the biggest names in modern psychiatry, the authenticity of Mind Over Mood speaks for itself.

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

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problems such as depression,
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become less fearful, and
grow more confident.

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THOUGHT THAT COUNTS In

Chapter 2, you learned how

thinking, mood, behavior,

physical reactions, and

environment/life situations

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all affect each other. In
this chapter, you learn that
when

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selling self-help book, Mind Over Mood, which we refer to as MOM2, teaches skills and principles used in cognitive behavioral therapy. With over one million copies in print, it is widely used worldwide by consumers,

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therapists and researchers.

Think

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transform your life.* Follow

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step-by-step plans to
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(The 15.1 worksheet is good to use for any mood you want to better understand) 15.9

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sequence. If you have
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Inventory Worksheet 14.2.

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Worksheet 14.4. Making a

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