



Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think

Dennis Greenberger, Christine A. Padesky, Aaron T. Beck (Foreword)

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Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,000,000 readers use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets; and much more.

Mind Over Mood will help you:
*Learn proven, powerful, practical strategies to transform your life.*Follow step-by-step plans to overcome depression, anxiety, anger, guilt, and shame.*Set doable personal goals and track your progress (you can photocopy the worksheets from the book or download and print additional copies).*Practice your new skills until they become second nature. Cited as “The Most Influential Cognitive-Behavioral Therapy Publication” by the British Association for Behavioural and Cognitive Psychotherapies and included in the UK National Health Service Bibliotherapy Program.

Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think Details

Date : Published October 15th 2015 by The Guilford Press (first published March 15th 1995)

ISBN : 9781462520428

Author : Dennis Greenberger , Christine A. Padesky , Aaron T. Beck (Foreword)

Format : Paperback 341 pages

Genre : Psychology, Self Help, Nonfiction, Health, Mental Health



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From Reader Review Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think for online ebook

Benji says

There's the book and then there's the approach. The approach is explained well, the book doesn't distract from that. Some repetition, but that's important too. For me, this is a good starting point. I'll definitely try to photocopy the sheets so I have many on hand. The Reviewers on Goodreads seem to be either users of the book or prescribers of the book. I was hoping for some more meaty theoretical info, but apparently cognitive therapy is as straightforward as can be.

The techniques I feel would complement very well a meditation course -- when all's said and done, this is basically what you're doing: watching a thought trigger an emotion, then giving yourself some space to evaluate its causal attributions before letting the effects grip you and steer you down a path you don't want. Eventually you're able to replace our automatic, errant thoughts with a more balanced version that leavens the bulk with a handful of potential positive theories for what just happened and so takes some of the bitter flavor away, recognizing both rather than only the positive or only the negative. Repeat until it becomes second nature, and voila, mind over mood.

Reema says

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Sinder says

I've been working with this book for a few months now, and it's completely changed my mood, my thoughts and helped me deal with issues correctly, rather than how I was previously dealing with things. This book is a MUST for someone who is having problems coping with things when they go wrong. It's a perfect book for rehabilitation of the mind.

Ezgi says

Bitirdim bari iki de laf edeyim.

?lk 200 sayfa kendini tekrardan ibaret (asl?nda kendini tekrar tam nerede bitiyor tam sayfas?na bile bakmad?m.) Defalarca bas?lan birebir ayn? ?ablonlar yüzünden okumas? kolay oldu. Son 100 sayfada bir iki metre daha derinle?ti kitap.

Bili?sel psikoloji, görüntüye göre tüm i?i ?lkâyet sahibine b?rakmakta.

Zaten depresyondas?n yani motivasyon ve uygulama eksikli?in var. ?ablon ?ablon u?ra? dur. Kald? ki asl?nda her ?eyin fark?nda olabilirsin. Kafandakileri yaz?ya geçirmek her zaman sana gerekli motivasyonu sa?lamayabilir. Yöntem olarak biraz basit geldi aç?kcas?.

-x durumunun söz konusu oldu?unu dü?ünüyorum.

-x durumu do?ru olmayabilir mi?

-x durumunun do?rulu?una ili?kin kan?tlar?m neler, yanl??l???na ili?kin kan?tlar?m neler? Hadi bunu bir yerlere yazay?m da göreyim. (Art?lar?-eksikleri ilk defa dü?ünen var m?d?r?)

Kitap belki ya?ad?klar? ya da kendiyle ilgili hiçbir fark?ndal??? olmayanlar için iyi. Ama zaten as?l problem, fark?nda oldu?un ve de?i?tiremedi?in ?eyler. Sonras?nda da çabalamak ve ödevler geliyor. Depresif ya da kayg?l? birini s?rf ka??da problemlerini yazd?rarak harekete geçirebilir misiniz? Bu de?i?im için gerekli motivasyon ve çabay? sadece ka??da dökmek sa?layabilir mi? Cevap veriyorum: Pek sanm?yorum.

Ramla Muwali says

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Heba Shalaan says

Abdulrahman Saggaf says

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Rahaf omar says

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Missy says

This book help me overcome panic attacks. It can also be applied to Depression. Cognitive Behavioral Therapy Rocks!!

Tammy says

I suffer from anxiety. This book was recently recommended to me by my regular family doctor to see if I could change my negative thoughts into more positive ones. After reading it, I don't feel any different. Then again, I only gave it a half-hearted attempt. It mentioned keeping a "thought record" but I'm too lazy to do it.

These are the things I will remember . . .

Whenever you experience a mood, there is a thought connected to it which defines the mood (seems simple enough but for some reason I'd never thought of it that way).

Negative thinking about the world is a style of thinking in which we notice and remember negative aspects of our experiences more vividly than positive or neutral events.

A child begins to develop and use language to make sense of experiences at the ages of 2 and 3. That knowledge will guide their behavior. For example, they will think "Dogs bite" or "Dogs are friendly". Because core beliefs help us make sense of our world at such a young age, it may never occur to us to evaluate them as an adult.

Katie says

I highly recommend this book to anyone curious about, or taking part in, Cognitive Behavioural Therapy (CBT). CBT is used to help people cope with issues such as depression, anxiety, anger, low self-esteem, panic attacks, and so on. CBT helps us understand how our core beliefs, thoughts, emotions, and behaviour are all intertwined. CBT then helps us correct any "flawed" beliefs or thoughts that are causing us to act or react in any way that isn't helpful, healthy, or functional. This book carefully explains the value of "thought records" - what they are and how to create them. Thought records help us to connect our reactions and emotions to our core beliefs and thoughts. By doing so, we can trace back why it is we react the way we do, and then consider an alternative (healthier) belief/thought. This book explains this process very clearly and very well.

Michael says

A fantastic self-help cognitive therapy book. Easy to follow and great participation exercises to do.

Serith says

This is the first book I recommend to people who –for whatever reason– can't get help for their mental disorders, since this is what my two CBT groups followed when I was in for depression (and later bipolar disorder). And it worked ...for the most part. It's circumstantial, so I'll elaborate further.

This book covers a lot of mood disorders and gives you the tools to manage imbalanced thoughts. The trick is putting the effort into it. I find this method helps better in short term because the steps can be forgotten over time and are easy to discard when you aren't in a clear frame of mind. It also works better for emotions triggered by situations; when you don't know what is upsetting you, it's difficult to follow the process. That being said, it still can help ease problems that arise afterwards ...but it's not a magical cure. It's a tool that won't always work, but when it does it's a savior.

To get personal: I have noticed some lasting differences. I'm not free of depression / bipolar, but I used to be more self-conscious and now I'm not as harsh on myself. For that I'm grateful.

So, all in all, the tools included are helpful when it can be applied. It allows you to be able to help yourself and that independence can be nice.

Tsvetelina Mareva says

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AccioHealth says

This book mainly focuses on how Cognitive Behavioral Therapy (CBT) can be used to treat the negative feelings of anxiety and depressive symptoms. CBT is used to help people cope with issues such as depression, anxiety, anger, low self-esteem, panic attacks, and so on. CBT helps us understand how our core beliefs, thoughts, emotions, and behaviour are all interconnected and so, they affect each other. Thus, the focus of CBT is to help us correct any beliefs or thoughts that are causing us to act or react in any way that isn't helpful, healthy, or functional.

This book uses the technique of Thought Records to teach us how to replace our negative beliefs and thoughts with more rational ones. It teaches us in detail what thought records are, how they are created and how you can use them effectively. It also contains some checklists that can be used to identify your symptoms of depression and anxiety. It is a good self-help CBT book which is easy to follow and use.
