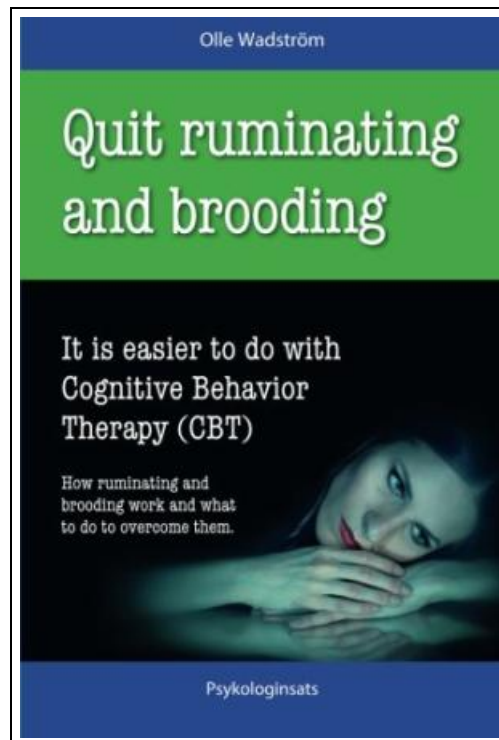


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QUIT RUMINATING AND BROODING: IT IS EASIER TO DO WITH COGNITIVE BEHAVIOR THERAPY (CBT) (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Lars Pettersson (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Why can we not quit our broodings and ruminations? Even though we want to quit ruminating, we spend a considerable amount of time doing it, days as well as sleepless nights. All in all, we can spend months and years of our lives ruminating, worrying and brooding, even though it only makes us feel worse. Why do I not get a divorce? Why did I not get that job? Why are my children not doing as well as her children? Why did he get a bigger raise than me? Kind advice from friends, and even from therapists, about how we should quit ruminating is sometimes outright wrong. They often contribute to making ruminations and worry worse, rather than decreasing them. In this book, Olle Wadstrom has analyzed ruminations. He explains why we ruminate, what drives ruminations and why they are so hard to stop. He also describes what to do in order to quit. He provides different tools that are useful, as well as explanations as to why things should be done in the way he presents them in the Wadstrom model. I have been working with a patient with severe anxiety and depression-problems, where ruminations have been very prominent. Progress with traditional CBT was quite small. After reading your book, I presented your model to the patient, who said he was willing to work with it. Pretty soon, we both noticed that it showed powerful results. Now, a while later, the results are incredible, almost like magic! Social counselor and lic. psychotherapist Gudrun Hansson-Lonnqvist You wonder what ruminating is. Olle Wadstrom explains in an instructive way what it is, how it works and how to do to stop...



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