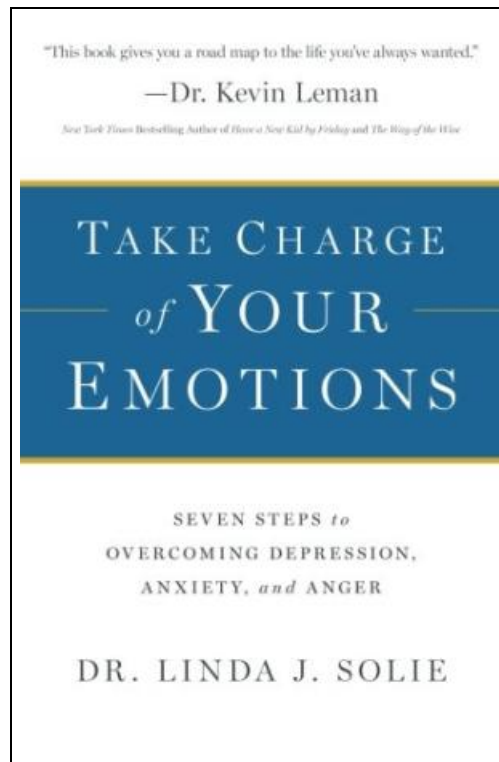


Take Charge of Your Emotions: Seven Steps to Overcoming Depression, Anxiety, and Anger (Paperback)



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Reviews

Complete guideline! Its this kind of good read. It can be written in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.
(Bill Klein)

TAKE CHARGE OF YOUR EMOTIONS: SEVEN STEPS TO OVERCOMING DEPRESSION, ANXIETY, AND ANGER (PAPERBACK)



Baker Publishing Group, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Respected Christian Psychologist Helps Readers Find Relief from Emotional Pain Linda J. Solie, a psychologist who has been in private practice for more than 20 years, says everyone can benefit from taking charge of their emotional health. She gives readers the skills to take control of their thoughts and behaviors by first identifying the problem thinking that creates painful feelings and undesirable conduct. Then using a seven-step process, she helps them change their feelings and behavior. Throughout the book the seven steps are applied to a variety of situations, both short term--such as a distressing mood--and longer term, including significant longstanding emotional pain. Grounded in faith, the reader's relationship with Jesus is always central to the process. As William Backus pioneered a generation ago with *Telling Yourself the Truth* (more than 700,000 sold), Solie will reach thousands of readers who don't have easy access to mental health providers or can't afford them. Pastors and lay counselors will also find this an excellent resource to use and recommend.

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