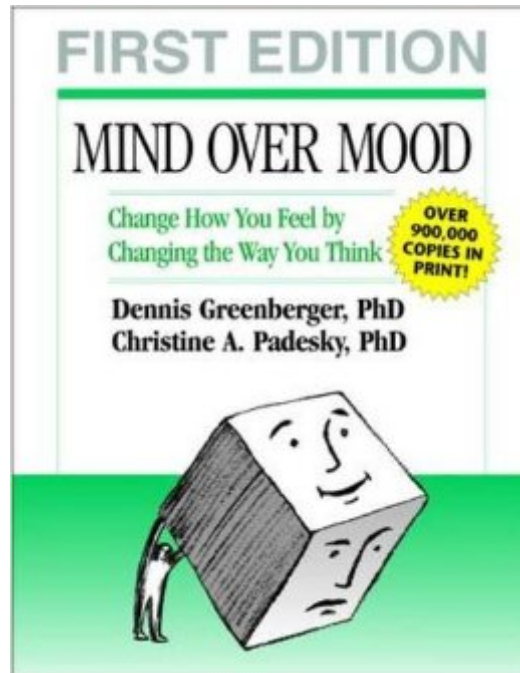


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# Mind Over Mood: Change How You Feel By Changing The Way You Think



## Synopsis

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. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships. The book's large-size format facilitates reading and writing ease. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

Paperback: 243 pages

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Shipping Weight: 1.6 pounds

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (282 customer reviews)

Best Sellers Rank: #22,536 in Books (See Top 100 in Books) #25 inÂ Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #43 inÂ Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #50 inÂ Books > Politics & Social Sciences > Social Sciences > Social Work

## Customer Reviews

I've used this workbook successfully as a therapist at a community mental health clinic serving poorer clients in Tucson AZ. I've used it in individual and group therapy. Frankly, I've found "Mind Over Mood" much more user-friendly than the more popular "Feeling Good Handbook" by David Burns, which contains similar cognitive therapy methods. The "thought record" chart, in particular--the heart of CBT--is more straightforward in Mind Over Mood. They've set up seven intuitive columns, from left to right. Burns's version of this chart, where each situation and emotion is listed separately at the top of the page, tends to confuse people, in my experience. I really like the way Greenberger and Padesky put in little hint questions in small type at the bottom of the columns,

to remind you what you're supposed to be doing without having to go back and read the text. And the book is full of terrific hint boxes which give you questions to ask yourself if you're having trouble understanding the exercises. I have not seen this anywhere else. Defects? 1) This book doesn't contain the richness of material of the Burns or other CBT workbooks. The chapters on specific conditions at the end are pretty paltry. It's really just a very large book on how to do a thought record. 2) The authors limit evaluating automatic thoughts to "evidence for", "evidence against", and a "reasonable alternative". This rigid empirical model is not suited to everyone or every situation. Surprisingly, there is no discussion of or columns for "cognitive distortions" (Burns) or "disputes" (Ellis). This is a major defect, but one can work around it by expanding what is allowed in the "evidence against" columns.

Depression descends like a veil separating the person from the processes of life and creating a dark closet where videotapes of pain experienced and hope lost play continuously. Turning off the mind videos, transitioning from sad to ok, sleeping and eating on a regular schedule, moving from self-criticism to self-acceptance can be difficult on the best of days. Mind Over Mood provides insightful narratives relating the experiences of others to the experiences I was feeling - I could begin to see the authors' cast of characters in my own mirror and begin healing with them. But more than that, Mind Over Mood contributes hands on tools that have started a process of discovery about how I think, what I'm feeling, how I react and how to chart a balanced life course. Drs. Greenberger and Padesky are acclaimed in the book's foreword by Aaron T. Beck, the pioneer of cognitive therapy, for their "vision and innovation" as well as their abilities to teach what they practice. It is probable, however, that their contributions to the lives of their readers will be documented as their greatest success. Acknowledging that "emotions generally enrich our lives, (but) too much emotion can be disruptive", the authors provide a framework to sort automatic thoughts and core beliefs about ourselves, others and the world. Mind Over Mood's worksheets prompt insights in the first chapter at the first reading and guide the reader to developing introspective and comprehensive perspectives about seemingly modest predicaments as well as significant events. Their approach is empathetic and their tools are practical as they help all of us enhance our mental flexibility.

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