



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

Dennis Greenberger PhD, Christine A. Padesky PhD

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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.

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