



Change Your Thinking: Overcome Stress, Anxiety, and Depression, and Improve Your Life with CBT

Ph.D. Sarah Edelman Ph.D.

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Practicing psychologist Sarah Edelman clearly lays out how to use CBT to develop rational thought patterns in response to upsetting emotions and situations. By following the practical, easy-to-follow exercises and examples, you can take control of your thoughts, emotions, and feelings, and find more positive ways of dealing with life's hurdles-and a happier you. Change Your Thinking will teach you how to Fight negative and self-defeating beliefs to minimize your experience of upsetting emotions Recognize "thinking errors" that cause you unnecessary distress Learn how to dispute thinking errors with your behavior and rational thoughts Prevent negative thoughts and emotions from occurring Acknowledge and face the obstacles that prevent you from obtaining your goals Achieve a more balanced and happier life Whether you're faced with overwhelming feelings of worthlessness, frustration, anger, depression, or anxiety, CBT can help you change your thinking and make a difference in your life-beginning today.

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