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Mind and Emotions: A Universal Treatment for Emotional Disorders (New Harbinger Self-Help Workbook)

Matthew McKay, Patrick Fanning, Patricia E. Zurita Ona

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We all have our own ways of handling stressful situations without letting emotions get the best of us, but some ways of coping work better than others. Short-term fixes that help us avoid or numb our emotions may temporarily alleviate sadness and anger, but can also end up causing anxiety, depression, chronic anger, and even physical health problems. If you struggle with overwhelming emotions and feel trapped by unhealthy patterns, this workbook is your ticket out.

Mind and Emotions is a revolutionary universal treatment program for all emotional disorders that helps you discover which of the seven problematic coping styles is keeping you trapped in a cycle of emotional pain. Instead of working on difficulties like anxiety, anger, shame, and depression one by one, you'll treat the root of all your emotional suffering at once. Drawing on evidence-based skills from cognitive behavioral therapy, acceptance and commitment therapy, and dialectical behavior therapy, this workbook offers all the techniques you need to manage unwelcome feelings in effective and productive ways.

Learn and practice the most effective coping skills:

- Clarifying and acting on your core values
- Mindfulness and acceptance
- Detaching from negative thoughts
- Self-soothing and relaxation exercises
- Assertiveness and interpersonal skills
- Gradually facing your strong emotions

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties.

Find more help online at cbt-self-help-therapy.com. **CBT Self-Help Therapy** offers web-based therapy for mood disorders, offering individualized, interactive treatment for anxiety, depression, anger, shame, and guilt. It is based on the book **Mind & Emotions: A Universal Treatment for Emotional Disorders**, but the site stands alone. It can be used by clients working on their own, or their therapists can monitor their work on the secure server. Other modules in **CBT Self-Help Therapy** offer treatment for stress and emotion dysregulation.

The CBT Self-Help Therapy site combines three evidence-based treatment approaches: cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT).

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Mark Miller:

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