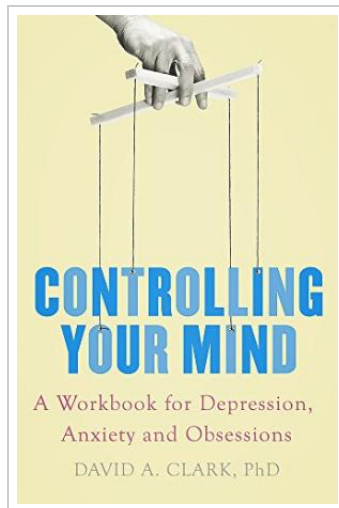




Controlling Your Mind: A Workbook for Depression, Anxiety and Obsessions (Paperback)

By David A. Clark

Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Stop disruptive, negative thoughts at their root with a new method of mental control from one of the most distinguished figures in the field of CBT. Our mind is always active, capable of generating free-floating thoughts that are entirely disconnected from each other and may have little relevance to our current situation. Sometimes these thoughts take on a darker, more negative tone because they are triggered by a stressful or problematic situation. These unwanted intrusive thoughts play an important role in the persistence and severity of anxiety and depression. They often trigger other forms of distressing thought such as obsessive thinking, worry, rumination or pathological guilt. Based on new findings on the nature of mental control, this book targets negative, intrusive thoughts with therapeutic strategies based on cognitive behavioural therapy (CBT). You will learn: * How our minds become unsettled by doubts and unwanted thoughts * Strategies for developing greater willpower and self-control * Control skills for self-discovery, mental de-toxification and mindful self-acceptance * Way to maximise positive intrusions and be mindfully accepting of yourself. Published by New Harbinger in the USA under the title The Anxious Thoughts Workbook: Skills...



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