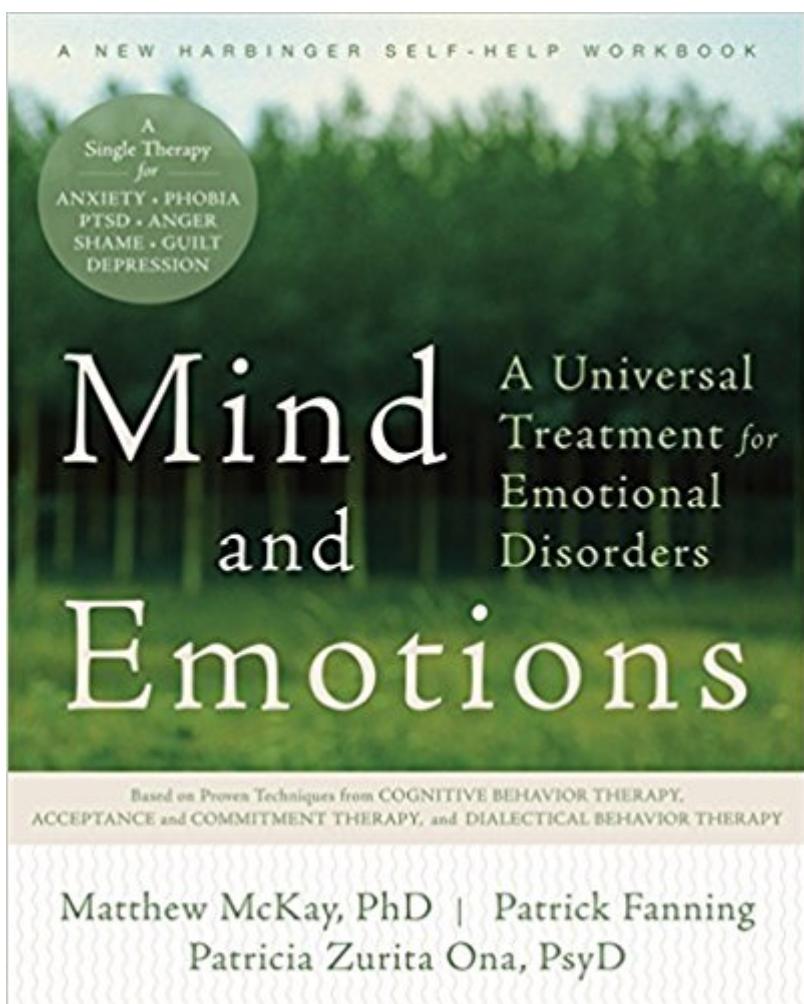


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# Mind And Emotions: A Universal Treatment For Emotional Disorders (New Harbinger Self-Help Workbook)



## Synopsis

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 [elearning.newharbinger.com](http://elearning.newharbinger.com).

**Self-Help Therapy** offers web-based treatment based on the book **Mind and Emotions**. Other modules in **Self-Help Therapy** offer treatment for stress, anxiety, depression, borderline personality disorder and anger.

## Book Information

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## Customer Reviews

âœIn *Mind and Emotions*, Matthew McKay, Patrick Fanning, and Patricia Zurita Ona provide invaluable information for people experiencing difficulties regulating their emotions. Not only will readers learn about the factors contributing to their ongoing pain, but theyâ™ll also learn practical skills for improving their ability to manage these intense emotions. I love the fact that these authors were able to reflect real-life psychotherapy by taking an eclectic approach to the treatment of emotion dysregulation.â•â "Sheri Van Dijk, MSW, RSW, psychotherapist in Ontario, Canada, and author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *Donâ™t Let Your Emotions Run Your Life for Teens*, and *The Bipolar Workbook for Teens*âœThis concisely written book offers well-developed, practical tools for readers intent on attending to their emotional needs. There is indeed a synergy in combining the best of cognitive behavioral therapy, dialectical behavior therapy, and acceptance and commitment therapyâ"itâ™s an approach that promises to help readers pursue a purposeful life.â•â "Patricia J. Robinson, PhD, health care consultant and coauthor of *The Mindfulness and Acceptance Workbook for Depression and Real Behavior Change in Primary Care*âœMany self-help books offer tips and suggestions on how to cope with only one challenging emotion, such as anxiety or depression. Unfortunately, anxiety and depression go together, and most of us who struggle in dealing with one emotion have difficulties in managing others as well. This new and impressive workbook by McKay, Fanning, and Zurita Ona provides a welcome alternative to having to buy and follow separate books for each specific emotional difficulty you may encounter in life. *Mind and Emotions* will guide you through an easy-to-follow set of skills designed to put you, rather than your emotions, back in charge of your life.â•â "Robert D. Zettle, PhD, professor of psychology at Wichita State University in Wichita, KS, and author of *ACT for Depression*âœAt last! Here's your chance to clear the clutter off your shelves and get rid of all those other self-help books that don't work. McKay, Fanning, and Zurita Ona have put together a single, effective treatment for multiple forms of emotional pain. Based on research and years of success, *Mind and Emotions* is sure to be the one book people will turn to for help.â•â "Jeffrey C. Wood, PsyD, clinical psychologist, coauthor of *The Dialectical Behavior Therapy Skills Workbook*, and author of *The Cognitive Behavioral Therapy Skills Workbook for Personality Disorders*âœWith compassion and clarity, the authors present a universal approach to the universal pain and suffering

that accompanies mental health problems. Readers will find much in Mind and Emotions to calm the emotional storms that are barriers to living life fully and passionately.â • â "Michael A. Tompkins, PhD, San Francisco Bay Area Center for Cognitive Therapy and University of California, Berkeley, and author of *Digging Out* œThis book is beautifully written in simple, clear, and precise language. In very short, highly informative chapters, the best-known techniques for leaning to manage painful emotions are described and then a range of concrete strategies for practicing these strategies is presented. This book can not only be used as part of a self-help program, but also as part of an emotion management skills training group or as an adjunct to individual counseling for emotion management difficulties.â • â "Kirk Strosahl, PhD, author of *Real Behavior Change in Primary Care* œMind and Emotions draws thoughtfully on a transdiagnostic perspective and a triad of evidence-based treatments for emotional problems. Beyond its self-help value to the public, this unique workbook constitutes a rich resource for practitioners seeking to enhance their therapeutic effectiveness.â • â "Thomas F. Cash, PhD, Professor Emeritus of Psychology at Old Dominion University and author of *The Body Image Workbook* œThe tools described in this book are drawn from the most effective therapies for emotional disorders that are available today. Used consistently, these tools can change your life.â • â "Jacqueline B. Persons, PhD, director of the San Francisco Bay Area Center for Cognitive Therapy and clinical professor at the University of California, Berkeleyâ œMind and Emotions provides a wide range of strategies and exercises for changing the behaviors and thoughts that contribute to uncomfortable feelings such as anxiety, depression, anger, and shame. This book is practical, well-written, and packed with helpful advice.â • â "Martin M. Antony, PhD, ABPP, professor of psychology at Ryerson University in Toronto and author of *The Shyness and Social Anxiety Workbook* œMind and Emotions offers a clear and practical entry into the complex and often confusing world of emotions and emotional pain. The authors are experts in the field of mental health and psychotherapy, and it shows in this work. Their accessible and easy-to-follow practices will empower and promote emotional healing for anyone who takes the time to work through this excellent program.â • â "Jeffrey Brantley, MD, consulting associate in the Duke Department of Psychiatry, author of *Calming Your Anxious Mind*, and coauthor of *Daily Meditations for Calming Your Anxious Mind* and the *Five Good Minutes*® series

The Mind and Emotions workbook helps readers resolve anxiety, depression, anger, and emotional disorders through a skills-based, universal treatment created by Matthew McKay, coauthor of *Thoughts and Feelings* and *The Dialectical Behavior Therapy Skills Workbook*. This program is rooted in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance

and commitment therapy (ACT), and allows readers to move past the seven unhealthy coping styles that cause emotional suffering.

I have suffered with chronic clinical depression since I was very young. As a teenager, I went through a traumatic event, and I was physically abused when I was married. As a result, I've been diagnosed with PTSD. I've been in therapy groups, seen psychiatrists and therapists. This book has helped discover a way to take ownership of my recovery in ways that I've never experienced before. In past, going over (and over and over and over) my past traumas and how I felt about them sometimes brought up a lot of uncomfortable emotions that I didn't handle very well, and I sought to "medicate" those raw feelings with food. I'm getting to understand the connectiions between my thoughts, emotions and my relationship with food, and "check in" with myself before I eat that homemade grilled double cheese sandwich. I'm not done reading and working through the all the exercises yet, but the results so far have been amazing. I'm not saying fire your therapist and/or psychiatrist. But this book has given me a way to get past my history, and actively change how I feel and think. I highly recommend it.

Good book with a lot of new ideas on emotions & how to handle them. A lot of exercise ideas to put in to practice. You do have to realize you will have to do work to make this book work. You can't just read it & be done. You have to practice daily what it says for it to be effective & worth your money.

My group and our instructor are currently using this workbook to carefully understand our individual triggers, our emotional barriers and mindfulness techniques. This book is really insightful, and very easy to understand. The authors made sure to keep the language used in the book basic. I got lost in the medical terminology in most self-help books, this book is both refreshing and insightful.

I am a therapist (LCSW) who is always looking for new and better ways to pass on the tools we discuss in therapy in a practical and easy to understand manner. I love the way the book is structured and I have recommended it to many I work with. I have gotten great feedback about the exercises in the book.

good information, easy to read, and very practical applications. i have studied DBT for 7 years which significantly improved my qbuality of life.

I like how the book makes me mindful about my emotions, feelings, actions and surroundings. Great resource for any mental illness.

I introduced to the book through a support program. I immediately ordered it and have been learning and utilizing the skills in each chapter. I have recommended it to others.

vapid , "one size fits all" pop psychology. I question the authors' credibility.

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