

# Mind Over Mood, Second Edition: Changing How You Feel by Changing How You Think

Mind Over Mood, Second Edition is a comprehensive self-help guide that teaches readers how to overcome depression and anxiety using cognitive behavioral therapy (CBT). CBT is a type of therapy that focuses on changing how you think about and react to your emotions.

The book is written by Dr. Dennis Greenberger and Dr. Christine A. Padesky, two leading experts in CBT. The second edition of Mind Over Mood has been updated to include the latest research on CBT, as well as new chapters on mindfulness and acceptance and commitment therapy (ACT).



## Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think by Sarah J. Maas

★★★★☆ 4.6 out of 5

Language : English

File size : 6329 KB

Screen Reader: Supported

Print length : 341 pages



## What is CBT?

CBT is a type of therapy that focuses on changing how you think about and react to your emotions. The basic premise of CBT is that your thoughts, feelings, and behaviors are all interconnected.

For example, if you have a negative thought about yourself, such as "I'm a failure," you may feel sad or anxious. This negative feeling may then lead you to behave in ways that are self-defeating, such as avoiding social situations or giving up on your goals.

CBT therapists help you to identify your negative thoughts and challenge them. You will also learn how to develop more positive thoughts about yourself and your life.

### **How Can Mind Over Mood Help Me?**

Mind Over Mood can help you to:

- Identify and challenge your negative thoughts
- Develop more positive thoughts about yourself and your life
- Learn how to cope with difficult emotions
- Improve your communication skills
- Set realistic goals and achieve them

### **What's New in the Second Edition?**

The second edition of Mind Over Mood includes the following new features:

- Updated research on CBT
- New chapters on mindfulness and ACT
- A more user-friendly design
- A free companion website with additional resources

## Who Should Read Mind Over Mood?

Mind Over Mood is a great resource for anyone who is struggling with depression, anxiety, or other mental health issues. It is also a helpful book for people who want to improve their overall well-being.

Mind Over Mood, Second Edition is a comprehensive self-help guide that can help you to overcome depression and anxiety. The book is based on the latest research on CBT and includes new chapters on mindfulness and ACT. If you are struggling with mental health issues, I highly recommend reading this book.



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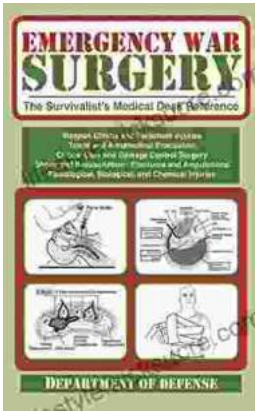
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