



Cognitive Behavioral Therapy (CBT): Master Your Brain and Emotions to Overcome Anxiety, Depression and Negative Thoughts (Paperback)

By Bill Andrews

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cognitive Behavioral TherapyMaster Your Brain and Emotions to Overcome Anxiety, Depression and Negative ThoughtsMost of us are trapped in a roller-coaster of automatic thoughts, emotions, and actions. Try as hard as we might, when we see certain people or hear certain things, we get emotional. These intense emotions then trigger us to say certain things out of habit. We also often feel pushed to act a certain way. This all plays out so quickly we feel we really have no control about it. Very much like being on a roller-coaster. Might as well just brace yourself for the ride, right? After all, it's too easy to conclude that your automatic reactions of fear, anxiety, depression, or anger are simply part of who you are as a person! Well, you don't have to keep making the same wrong decisions over and over again. You don't have to be miserable, powerless, or small. You don't have to keep defining yourself as a person who doesn't have much power over your life and your world. What if I told you...



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