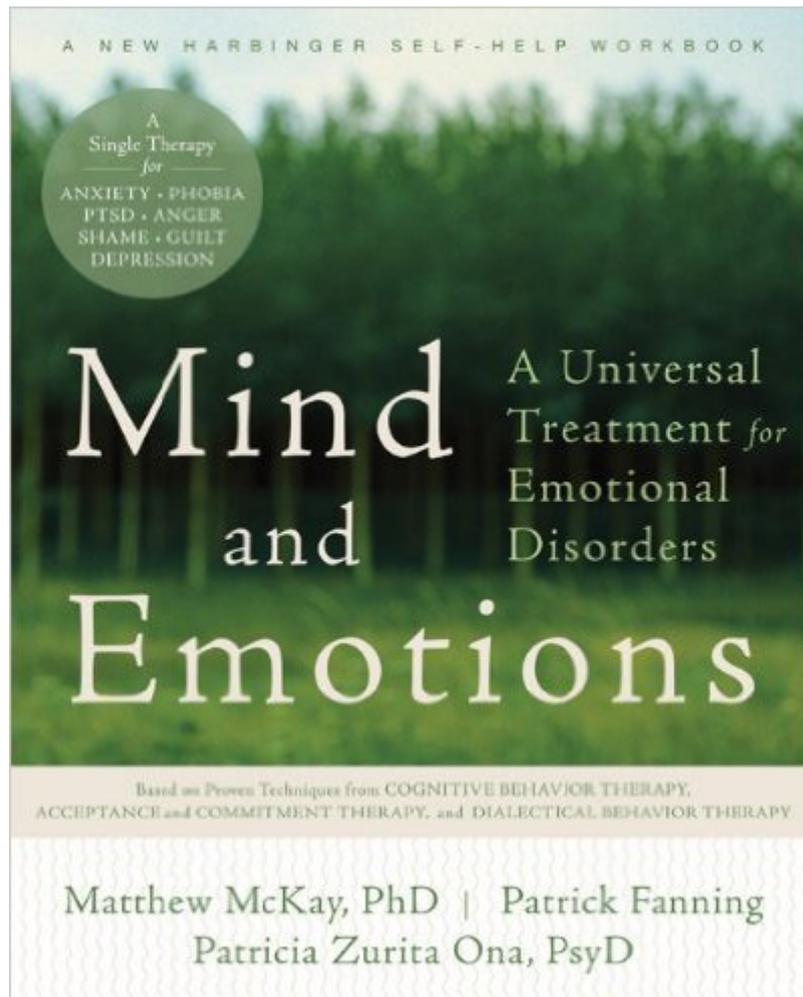


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# Mind And Emotions: A Universal Treatment For Emotional Disorders (New Harbinger Self-Help Workbook)



## 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, youâ€™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.Â

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 â€” 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).Â

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

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (29 customer reviews)

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## Customer Reviews

I'm clinical psychologist and I use this book in my work. It attempts to solve three big problems:- how can we give people skills they can use to improve their current problems, that they can also use for any future problems.- how can we choose which of the major empirically-supported therapies to use with a particular client.- how can we choose a therapy when a client has multiple problems e.g., both anxiety and depression. The basic premise is that problematic coping skills are a major cause of psychological health problems, and that these tend to run across different disorders rather than being disorder specific. Another major premise is that leading psychological treatments like Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT) share a lot of commonality but each has some particularly useful tools people can use for improving their problems. Near the beginning, the book has a great questionnaire called the "Problematic Coping Skills Questionnaire" which helps the reader identify which types of problematic coping skills they use. The 7 types are 1. Experiential Avoidance 2. Rumination 3. Emotional Masking 4. Short-term Focus 5. Response Persistence 6. Hostility or Aggression 7. Negative appraisal. Once the reader has identified which coping styles are their biggest problems, they can use an easy cheat-sheet to identify which chapters of the book are likely to be most relevant for them (e.g., the mindfulness and defusion chapters for rumination, the opposite action chapter for response persistence and experiential avoidance).

The authors of "Mind and Emotions" have seamlessly integrated the second wave (CBT) with the third wave (ACT & DBT) of cognitive behavioral therapies into a fluid treatment approach that effectively and uniquely meets the needs of the client, reader or clinician. This book combines evidenced based therapies (ACT, DBT, CBT) with long withstanding theoretical approaches such as existential and humanistic psychology. "Mind and Emotions" offers an approach that is uniquely tailored to meet the clients where they are. In examining the underlying transdiagnostic factors common to most emotional, anxiety and trauma based diagnoses, the authors have offered an approach that guides the client, reader or clinician through the process of obtaining their desired quality of life. I have been using this workbook with my individual and group clients (PTSD & DBT).

The techniques have been well received and continually generate positive outcomes with clients struggling with work stress, anxiety, PTSD and personality disturbances. This book is written in such a way that clients are able to understand and integrate the information just as effectively as the clinicians I have shared this with. Finally a treatment approach has been offered that meets the individual where they are and helps guide them through the process of obtaining a desired quality of life that is driven by their own personal values, goals & beliefs. "Mind and Emotions" offers a unique opportunity to treat the person in place of treating the diagnostic label. Unique to this approach is the use of evidence based treatment modalities that have been proven effective in numerous clinical studies.

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