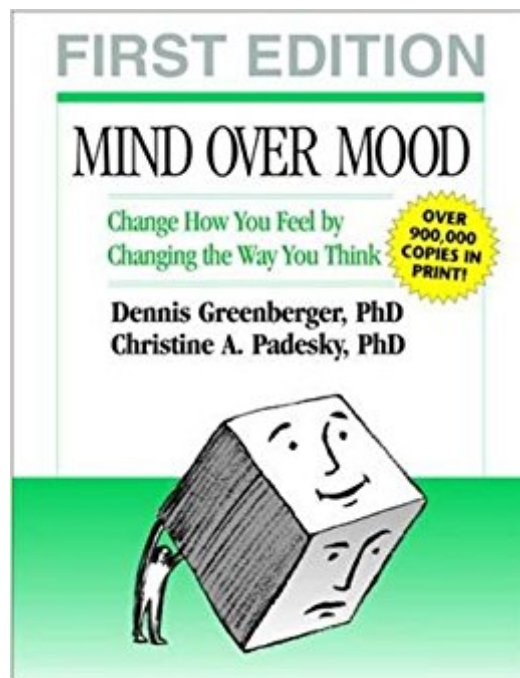


The book was found

# Mind Over Mood: Change How You Feel By Changing The Way You Think



## Synopsis

Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships. The book's large-size format facilitates reading and writing ease. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

## Book Information

Paperback: 243 pages

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Best Sellers Rank: #46,086 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) #68 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #70 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#)

## Customer Reviews

"Only rarely does a book come along that can truly change your life. Mind Over Mood is such a book....Mind Over Mood will prove to be a significant milestone in the evolution of cognitive therapy. Never before have the nuts and bolts of cognitive therapy been spelled out so explicitly in a step-by-step fashion for the lay public....This is a rare and special book that can easily be used for self-help or as an adjunct to therapy."--from the Foreword by Aaron T. Beck, MD, University Professor Emeritus of Psychiatry, University of Pennsylvania Medical School  
"What are you struggling with in your life? What patterns in thinking have held you trapped over the years? How can you develop and automatize a new way of seeing things that helps get you out of ruts you have

maintained over the years? Drs. Padesky and Greenberger give you practice in learning how to make sense of your moods, to identify your own irrational thinking and to base your thinking fully on facts. They even give you a means to challenge old thinking patterns that you developed as a child. I saw Dr. Padesky demonstrate these skills at a cognitive therapy conference. I walked away very impressed with her warm, sincere, knowledgeable, creative and rational approach to helping people change. I am delighted to recommend this workbook."--Ellen Kenner, PhD, clinical psychologist and host of The RATIONAL Basis of Happiness, a nationally syndicated radio talk show. "I believe it is already reducing the number of distorted automatic thoughts that I have throughout my day. As a result I'm seeing myself become less afraid and less withdrawn. [The] Thought Records have helped to diffuse my overwhelmingly hot thoughts and have helped me feel a sense of control. Just writing it all down gives me a sense of it being 'emptied out of me' and released. It gave me concrete tools to use to trace my own thinking and arrive at more balanced thinking. It has given me a belief that my past doesn't have to control my present and my future. It's given me a sense of inner healing. All of the worksheets have been the key for me--concrete. They also add to the sense of progress when looking back over them and pointing out blaring themes." --Client

"Cognitive therapy is the wave of the future and Greenberger and Padesky are riding the crest. Mind Over Mood offers deceptively simple but powerful and sophisticated strategies for coping with depressed and anxious moods and interpersonal difficulties. This is a book for hands-on use; it provides step-by-step descriptions of strategies that have been shown in controlled outcome studies to be effective. Mind Over Mood makes an outstanding contribution; I recommend it without reservation." --Jacqueline B. Persons, PhD, Center for Cognitive Therapy, Oakland, California "My cognitive appraisal of Mind Over Mood is that it is clearly written, solidly grounded in research, and truly helpful. Readers will get more than a pep talk; they will get the information, skills, and practice they need to change self-defeating thoughts into self-enhancing ones." --Carol Tavris, PhD, author of Anger: The Misunderstood Emotion "Written by two exceptionally skilled therapists, this book can help you change your life. Cognitive therapy has been shown to be an effective treatment for a wide range of emotional problems including depression, anxiety, panic, and anger. The careful step-by-step exercises in the book will show you how to use cognitive therapy to understand and overcome your mood problems." --David M. Clark, DPhil, Department of Psychiatry, Oxford University "Depression left me searching desperately for ways to help myself, calm my anxiety and regain my lost self-esteem. This workbook was a constant companion during the months of recovery, as it empowered me to actively participate in the process, rather than wait passively for my next therapy session with expectations that the doctor alone would 'fix' me up.

Especially useful were the activity records, which forced me to track my daily activities, rate their effect on my mood, and then analyze thoughts that contributed to my various moods. This workbook served me well as a problem solving tool. I literally didn't leave home without it." --Suzanne S. , client. "I spent many years in and out of therapy battling depression. When my therapist recommended a workbook, Mind Over Mood, I was, at first, very skeptical but the book was clear and easy to follow. I read it cover to cover. I did the exercises. They gave me the tools I needed to climb out of my black moods. One year later I am still depression free and empowered by the knowledge that I have the tools to defeat it should it return." --K.D., client "Prior to using the thought record, I had a lot of free-floating anxiety and panic. Since using the thought record, I have found that the act of writing out my moods and thoughts in a step by step process has given me greater understanding and acceptance. By the end of the process, my moods usually have changed to a more balanced and positive outlook." --G.D., client "I've been in Cognitive Therapy for five months now and was introduced to Mind Over Mood after about three and one half months. I didn't really know what to expect from this manual but I knew I'd try anything to make me feel better. I can tell you honestly, after reading the first three chapters my initial thought was I wish I had it from day one....I found myself identifying with each of the people portrayed in the case studies. This made it easier to complete the exercises. My therapy sessions alone didn't always force me to put action plans to the test, but with the help of my therapist and this manual, I'm learning the skills needed to make my life better and more productive." --Q.R., client "Mind Over Mood is an eye opener! For the first time I understood what I was going through, what caused it and what I could do about it. It was helpful for me and helped my family understand what I was going through and why I responded the way I did." --Client "Since I have read Mind Over Mood, I find myself identifying and changing my thoughts in different aspects of my life...parenting, marriage and work related situations. I am able to identify my feelings and work out solutions before stress, anxiety or depression occur. I am able to approach conflicts in a methodical manner and get positive resolutions. Mind Over Mood is always with me. I have one copy in the car and one in the house. Mind Over Mood has taught me how to change my mood by changing my mind." --Client "For me, a person currently working on conquering depression, panic attacks and anxiety, Mind Over Mood has, in simple language, helped me understand their meaning and cause. Through the use of Mind Over Mood I am moving toward healing these disorders." --Client "I have found the techniques set forth in Mind Over Mood the most effective I have known in reducing and eliminating anxiety."

--Client

Dennis Greenberger, PhD, clinical psychologist, is Director of the Anxiety and Depression Center, Newport Beach, California. The Center's website, [www.anxietyanddepressioncenter.com](http://www.anxietyanddepressioncenter.com), features information on Mind Over Mood. Dr. Greenberger is Assistant Clinical Professor at the College of Medicine, University of California, Irvine. He is a Founding Fellow and member of the Board of the Directors of the Academy of Cognitive Therapy. Christine A. Padesky, PhD, clinical psychologist, is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and recipient of their Aaron T. Beck award. Coauthor of six books and an internationally renowned speaker, she received the Distinguished Contribution to Psychology Award from the California Psychological Association. Her Center for Cognitive Therapy in Huntington Beach, California, hosts [www.MindOverMood.com](http://www.MindOverMood.com), a website for the public.

This is a very good book. If you can complete the exercise and stick with the ideas it will make you a better person. This is harder said than done!!!

My therapist recommended this book and it works much better than expected. The step-by-step process is easy to follow. There's activities and homework associated with lessons. The book follows a cognitive behavioral therapy method that works well for a lot of people. It certainly worked well for me.

Excellent book for both clinicians & Clients. I saw Christine at the Erickson BTC last December (2016) in a workshop. She reviewed the reorganization & new material which I started using immediately with my clients. Fully recommend it for ant therapist doing CBT.

Great for CBT work with clients. I really like the assessment tools.

love the strategies and interventions it gave. Got this for a class and i am going to keep for a reference book for my private practice.

It's not just for Psychology students, but for anyone who wants to take control of their lives for the better. It's a good read and gives you a starting point of getting to know yourself more.

I'm not all the way through. This book was recommended by my counselor. I was definitely skeptical, but I am a very interactive/visual learner, but I love paper/books versus online/simulated

learning. So far the activities in the book have kept my attention, and I have found them very useful. In fact, starting with the first one, they've really forced me to sit back and think/dig - they are not just "fill in the blank, pass go and collect \$200", you have to take the time and really want to find the answers. The worksheets are at the end of the chapters, for the most part, and relate very closely with the examples that are given, which I feel are very relatable scenarios, which have helped me look back and try to compare my experiences in an effort to complete the tasks so that the overall exercise is useful to me. In addition, I've been able to take the book in to counseling sessions and work on things with my counselor, which has been a great tool as well.

Seems more like a pamphlet than a book. Very large print and a lot of worksheets and such to pad it out. I think the material is fine but not enough meat to create a real book. A website might have been better.

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Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think Mind Over Mood: Change How You Feel by Changing the Way You Think Liminal Thinking: Create the Change You Want by Changing the Way You Think Do You Think What You Think You Think?: The Ultimate Philosophical Handbook Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder Battlefield of the Mind Devotional: 100 Insights That Will Change the Way You Think Mind Over Mood, Second Edition Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) What is the Bible? CD: How An Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel About Everything What Is the Bible?: How an Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel About Everything How to Get More out of Being Jewish Even If: A. You Are Not Sure You Believe in God, B. You Think Going to Synagogue Is a Waste of Time, C. You Think ... Hated Hebrew School, or E. All of the Above! The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings When I Feel Angry (The Way I Feel Books) The Sonic Boom: How Sound Transforms the Way We Think, Feel, and Buy Stepmonster: A New Look at Why Real Stepmothers Think, Feel, and Act the Way We Do The Mind Connection: How the Thoughts You Choose Affect Your Mood, Behavior, and Decisions How Successful People Think: Change Your Thinking, Change Your Life The Episcopal Way: Church Teachings for a Changing World Series: Volume 1 (Church Teachings for Changing the World) Patients Come Second: Leading Change by Changing the Way You Lead

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