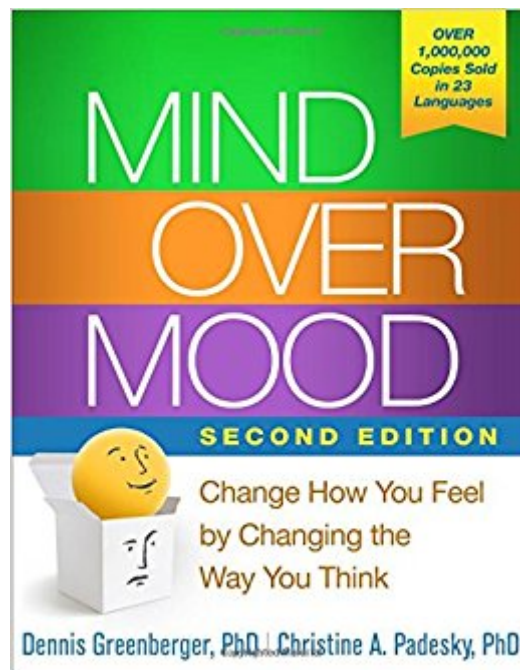




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# Mind Over Mood, Second Edition: Change How You Feel By Changing The Way You Think



## Synopsis

Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,000,000 readers use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; 25 new worksheets; and much more. *Mind Over Mood* will help you:

- \*Learn proven, powerful, practical strategies to transform your life.\*
- \*Follow step-by-step plans to overcome depression, anxiety, anger, guilt, and shame.\*
- \*Set doable personal goals and track your progress (you can photocopy the worksheets from the book or download and print additional copies).\*
- \*Practice your new skills until they become second nature.\*

Cited as "The Most Influential Cognitive-Behavioral Therapy Publication" by the British Association for Behavioural and Cognitive Psychotherapies and included in the UK National Health Service Bibliotherapy Program. Winner (Second Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category See also the Spanish-language edition: *El control de tu estado de ánimo*, Segunda edición n.º 2

## Book Information

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## Customer Reviews

"Only rarely does a book come along that can truly change your life. Mind Over Mood is such a book. Dennis Greenberger and Christine A. Padesky have distilled the wisdom and science of psychotherapy and written an easily understandable manual for change."--from the Foreword by Aaron T. Beck, MD, developer of cognitive therapy "Based on over 40 years of front-line research, this renowned book provides clinically proven strategies to help you manage your mind and the emotions that can so easily destroy your quality of life. Drs. Greenberger and Padesky show how your thoughts affect your feelings and teach step-by-step skills so you can free yourself from painful moods. The first edition of this book was a classic--the second edition is even better, and will be a trusted guide for even more people across the globe."--Mark Williams, DPhil, coauthor of The Mindful Way Workbook "Over a million people have used Mind Over Mood to alleviate--and in many cases eliminate--the suffering caused by depression and other psychological problems. Drs. Greenberger and Padesky are brilliant therapists whose thoroughly updated second edition is informed by the latest research and therapeutic innovations. Science has demonstrated incontrovertibly that changing the way we think about emotional situations is among the most powerful ways to change emotions themselves. Everyone struggling with challenging moods or emotions should read this book."--David H. Barlow, PhD, ABPP, coauthor of 10 Steps to Mastering Stress "True to its title, this book really can help you transform your thinking so you can make lasting changes."--Judith S. Beck, PhD, President, Beck Institute for Cognitive Behavior Therapy "Mind Over Mood" provides effective cognitive techniques for patients to develop a more balanced view of themselves, to challenge the automatic thoughts, assumptions, and core beliefs they dearly hold. Mind Over Mood has many great features, including: (1) clear organization and structure, (2) readability, (3) analogies to supplement explanations (4) summaries, helpful hints, questions, worksheets, and exercises that reinforce learning for patients, (5) excellent chapters on specific problems (6) helpful sections on mindfulness, assertiveness, gratitude, forgiveness, and positive psychology. For physicians like me who are looking for ways to prevent burnout in these chaotic times in medicine, the greatest benefit I had reading and underlining the pages in this book was what I learned about my own cognitive distortions, assumptions, and biases. I gained a renewed sense of self, one that is mentally and emotionally more flexible to challenge core assumptions and beliefs about myself, spouse, patients, colleagues, and friends--and electronic health record administrators! (Family Medicine 2017-02-01) "The book divides the techniques into small chunks accompanied by clear explanations. A therapist or school social worker could also use this format to teach a student or

client about the way they think or to use self-talk. Later chapters guide the reader to challenge or create alternative healthier thoughts. The authors also tackle previously held assumptions and how these can negatively affect our core beliefs. The explanations are helpful because the reader can learn why the strategies can work. I can appreciate how the reproducible worksheets could be used for data collection to measure goals with students as well as to teach coping mechanisms that students can use when out of the social work office. The practical CBT techniques make a lot of sense in a school setting, and the empowerment the school social worker can provide to students when they find they can continue to help themselves would be a win-win. (School Social Work Journal 2016-09-01)

"How refreshing it is to find a book which soars above the rest and systematically engages the reader to make real and long-lasting change. A workbook that has proven to be very popular, finding its place in and amongst the essential reading lists for anyone suffering with a common mental health problem. The format and structure of this book is clear, accessible, well-paced, and engaging. The content is clearly cross-referenced and the reader is guided every step of the way, allowing it to suit their own individual needs. Perhaps of greatest value is its reflexivity, with helpful hints and constant mood check-ups available to emphasize the importance of verifying whether the techniques used are beneficial. Each chapter is accompanied by a series of case scenarios which are constantly revisited throughout the book, creating an air of familiarity and a feeling that you are not alone in working through these worksheets. I found myself reading these case scenarios with great interest, eager to find out how each individual resolved their issues using the techniques described in this book. Another strength of this book is the way it communicates the message that negative thoughts are a natural component of the human experience, and to deny their influence and presence would be unwise. Instead, the reader is encouraged to accept and incorporate these thoughts into their daily lives, creating alternative and balanced thinking patterns that are more realistic and constructive. Mind Over Mood is a well-executed and systematic approach for teaching and developing the skills in evidence-based CBT techniques. The content is accessible, easy-to-follow, and makes use of several helpful hints to boost enjoyment and success with the book. (Journal of Psychological Therapies in Primary Care 2015-06-01)

Dennis Greenberger, PhD, a clinical psychologist, is the founder and Director of the Anxiety and Depression Center in Newport Beach, California. He is a past president and Founding Fellow of the Academy of Cognitive Therapy, and has practiced cognitive-behavioral therapy for more than 30 years. His website is [www.anxietyanddepressioncenter.com](http://www.anxietyanddepressioncenter.com). Christine A. Padesky, PhD, a clinical

psychologist, is the cofounder of the Center for Cognitive Therapy in Huntington Beach, California, the coauthor of five books, and an internationally renowned presenter. She is a recipient of the Aaron T. Beck Award for significant and enduring contributions to the field of cognitive therapy from the Academy of Cognitive Therapy and the Distinguished Contribution to Psychology Award from the California Psychological Association. Her website is [www.mindovermood.com](http://www.mindovermood.com).

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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