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"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.

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The first edition of this book was a classic--the second edition is

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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.

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The New 2nd Edition of the Mind Over Mood workbook (MOM2) (2016) was actually published on October 15, 2015. It has expanded content, new chapters and over 60 worksheets.

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In this chapter from the bestseller, Mind Over Mood, Dr. Dennis Greenberger and Dr. Christine Padesky explore the connection between our thoughts and how they ... 2nd Edition IT'S THE THOUGHT 1 THAT COUNTS. 8 1 :: IT'S THE THOUGHT THAT COUNTS In Chapter 2, you learned how thinking, mood, behavior, physical reactions, and

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Mind over Mood might not solve your depression/anxiety, especially if they're on the severe end, but its ubiquity of use by therapists suggests it is a useful tool in learning skills to better understand and manage your mood in an active way. The book is full of worksheets and activities to cultivate healthy habits, and I recommend it highly.

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☞ Mind Over Mood Second Edition Book Summary : "This life changing book helps readers use cognitive-behavioral therapy - one of today's most effective forms of psychotherapy - to conquer depression, anxiety, panic attacks, anger, guilt, shame,

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low self-esteem, eating disorders, substance abuse, and relationship problems.

Mind Over Mood, Second Edition: Change How You Feel by ...
Mind Over Mood: Change How You Feel by Changing the Way
You Think (Hardcover) Published October 14th 2015 by The
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