

SOS

HELP FOR EMOTIONS



MANAGING ANXIETY,
ANGER & DEPRESSION



SOS Help for Emotions: Managing Anxiety, Anger, and Depression, Lynn Clark, SOS Programs & Parents Pres, 2002, 0935111522, 9780935111521, 302 pages. We all have feelings, it's what we do with them that counts. Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life. SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them in trouble or hurt others. Concepts include: 11 common irrational beliefs and self-talk 10 cognitive distortions 5-step self-analysis and improvement process 5 "hot" connecting links 4 anger myths 3 major "musts" that shape our irrational behaviors self help sections for anxiety, anger, & depression An essential book for anyone teaching anger management and emotional skills. From Parents Press.

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The beguiling serpent a re-evaluation of emotions and values, Hunter Lewis, Aug 25, 2000, Psychology, 140 pages. The Beguiling Serpent looks at emotions, and emotional values in particular. On one level a sequel to A Question of Values, it is also an excellent introduction to emotions and

Raising Your Emotional Intelligence A Practical Guide, Jeanne Segal, Jun 15, 1997, Family & Relationships, 256 pages. Describes simple techniques designed to foster self-awareness, self-preservation, and emotional awareness.

Lonely, sad, and angry a parent's guide to depression in children and adolescents, Barbara D. Ingersoll, Sam Goldstein, Jul 1, 1996, Family & Relationships, 240 pages. Two authorities on troubled children explain how to identify depression in children and adolescents, discuss its causes, and address treatment alternatives.

Hot Stones & Funny Bones Teens Helping Teens Cope with Stress & Anger, Brian Luke Seaward, 2002, Juvenile Nonfiction, 376 pages. Provides an inside look at ways in which teens cope with their stress and anger, such as keeping a journal, meditating, or having a good laugh, and includes advice for parents

Feelings , Willard Gaylin, May 1, 1980, Psychology, 241 pages. .

Christians Beware , Magna Parks, 2007, Religion, 84 pages. Several years ago, I happened to come across a sermon by a pastor who delineated several spiritual dangers inherent in the field of psychology. Initially, I was not happy about

Feeling Better, Getting Better, Staying Better Profound Self-help Therapy for Your Emotions, Albert Ellis, 2001, Self-Help, 259 pages. The most well-known and respected psychotherapist of our time offers a "three-pronged" system for maintaining--or regaining--emotional health, consisting of healthy thinking

Can I help how I feel? , Carl V. Morrison, Dorothy Nafus Morrison, 1976, Psychology, 124 pages. Uses case histories to illustrate the distressful emotions of young people such as anger, depression, envy, fear of competition, and other confusions of growing up..

How to Make Yourself Happy and Remarkably Less Disturbable , Albert Ellis, Jan 1, 1999, Psychology, 209 pages. Dr. Ellis shows how to change disturbing thoughts into healthy ones and overcome anxiety, depression, rage, self-hate, or self-pity. He provides simple, straightforward

10 Steps to Positive Living , Dr. Windy Dryden, Mar 1, 2005, , 144 pages. Explore your mind. Live positive. These 10 steps will encourage you to take control, be flexible, accept reality, come to like and be fair to yourself, accept change and

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