

## Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think

By Dennis Greenberger PhD, Christine A. Padesky PhD

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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.

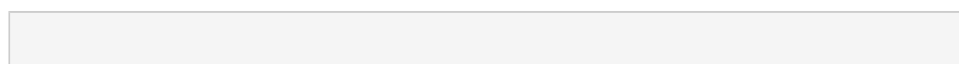
*Mind Over Mood* will help you:

- \*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.*



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### Editorial Review

#### Review

"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)

"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)

#### About the Author

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).

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