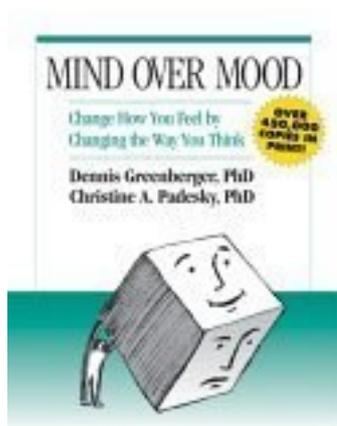


Mind Over Mood



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著者:Dennis Greenberger

出版者:The Guilford Press

出版时间:1995-03-15

装帧:Paperback

isbn:9780898621280

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/m-/one of the most effective and widely practiced forms of psychotherapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped thousands of 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 and lay-flat binding facilitate reading and writing ease.

作者介绍:

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标签

心理学

CBT

心理

认知疗法

抑郁症

-2009年读完

自助

治療

评论

学会了不少有用的方法 正在自我尝试，初步觉得挺有效
P.S.不过，怕自己一情绪来袭就疯狂填表，或是随身带着记录本...嗯，听起来，有点像蝴蝶效应，说不定，培养出超能力...嘿嘿，kiding~

CBT上课用

并没有帮到我。

实践是关键。

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书评

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