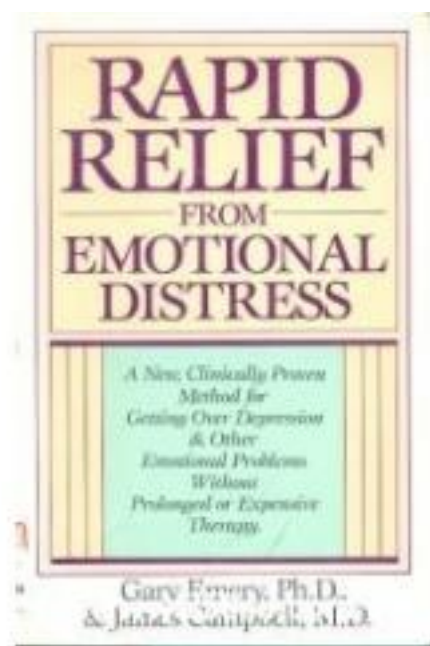


Rapid Relief from Emotional Distress: A New, Clinically Proven Method for Getting Over Depression & Other Emotional Prob



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Book Description Yes, you can change your life . . . now! If you're depressed, lonely, guilty, anxious, or otherwise emotionally ill, you don't have to be. The first step is to realize that you do have power over the way you feel. The second step is to master the simple, no-nonsense, five-minute strategies in this uniquely helpful and ground-breaking book. Rapid Cognitive Therapy has been tested and proven effective. It is based on the ACT Formula: Accept your current reality. Choose to create what you want in your life. Take action to create it. This important guide will show you how to:

Let go of the self-defeating thoughts that are holding you back Gain control over your relationships Develop self-confidence and self-esteem Get rid of your old, unproductive "change" strategies and replace them with "choose" strategies Featuring 38 tests and exercises to help you pinpoint your problems and find immediate relief. Inside Flap Copy Yes, you can change your life... now! If you're depressed, lonely, guilty, anxious, or otherwise emotionally ill, you don't have to be. The first step is to realize that you do have power over the way you feel. The second step is to master the simple, no-nonsense, five-minute strategies in this uniquely helpful and ground-breaking book. Rapid Cognitive Therapy has been tested and proven effective. It is based on the ACT Formula: Accept your current reality. Choose to create what you want in your life. Take action to create it. This important guide will show you how to: Let go of the self-defeating thoughts that are holding you back Gain control over your relationships Develop self-confidence and self-esteem Get rid of your old, unproductive "change" strategies and replace them with "choose" strategies Featuring 38 tests and exercises to help you pinpoint your problems and find immediate relief.

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