

How To Stubbornly Refuse To Make Yourself Miserable About Anything Yes Anything

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no other individual not even Freud himself has had a greater impact on modern psychotherapy psychology today all of us worry about something big or small every day but much of the emotional misery we feel is an overreaction and can be significantly

reduced using the techniques in this book world renowned therapist dr albert ellis who created rational emotive behavior therapy rebt believed that anger anxiety and depression are not only unnecessary they're unethical because when we allow ourselves to become emotionally upset we're being unfair and unjust to ourselves thinking negative thoughts is a choice we can refuse to make applying the proven time tested principles of rebt is a simple logical way to find true mental health and happiness rebt acknowledges the power of emotions but it also helps us understand which feelings are healthy and which are not this classic book teaches you how to retrain your brain to focus on the positive and face obstacles without unnecessary despair control your emotional destiny refuse to upset yourself about upsetting yourself solve practical problems as well as emotional problems conquer the tyranny of should and much more get the tools you need to take back your life and your happiness if you can refuse to make yourself miserable you're that much closer to making yourself happy every day shows how to avoid the traps of self harm and find mental health publishers weekly

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challenge you in practical ways what you're going to value most is discovering how deeply God is involved in your life laughing when you laugh grieving over your tears listening when no one else seems to care smiling because He likes you and loving you through thick and thin features 120 in-focus articles take you inside the thoughts and circumstances of other girls' lives to see how the Bible applies to the issues you face over 500 quick truth or dare call-outs dare you to discover God's truth about life and faith 52 mirror images profile the women of the Bible the good girls and the bad girls and what we can learn from their lives over 100 short love notes from God tell the very personal message of how much God loves you and of your incredible value in His eyes over 300 genuine notes focus on true inner beauty genuine character integrity purity faith love obedience and more 24 full-color tip-ins bring you fun quizzes on topics such as are you a good friend what's your confidence factor the perfect date and more you'll learn a lot about yourself reflections from the other side reveal what guys think about topics tied to the quizzes 66 book introductions provide overviews for each book of the Bible to help you dive in and grasp what's going on an informative website with resources topical verse finder daily Bible reading plans links to other sites and more trueimagesbible.com the new International Version NIV is today's most read and most trusted English Bible translation the goal of the NIV translation team was to produce a contemporary translation whose accuracy clarity and literary quality would make it ideal for public and private reading teaching preaching memorizing and liturgical use today the NIV is accepted by more denominations than any other translation and is supported by a library of reference resources unmatched by any other translation

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the first book that applies the insights of rational emotive therapy to the recovery from problem drinking

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